

American Profile



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INSIDE:

- Beth Underwood offers camping for the blind
- International Bluegrass Music Museum
- Squash fritters

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Ask American Profile

Q Last year, Vanna White's engagement was announced. There has been no more information. What's the scoop?

—M.B. Flickinger, Three Rivers, Mich.

White, 50, still is engaged to be married, according to a spokesperson for *Wheel of Fortune*. The game show's longtime letter-turner announced her plans to marry California businessman Michael Kaye in 2004, but no wedding date has been set. White was previously married for 11 years to restaurateur George Santo Pietro, with whom she has two children.



Vanna White hasn't set her wedding date yet.

Q Whatever became of the actress who played Miss Jane Hathaway on *The Beverly Hillbillies*?

—Minnie Flaherty, Magnolia, Ark.

Nancy Kulp had a degree in journalism, was decorated for her service in the U.S. Navy during World War II and worked in Hollywood as a movie publicist before director George Kukor convinced her to give acting a try. She appeared in the movies *Shane*, *A Star Is Born*, *The Three Faces of Eve* and *The Parent Trap* before taking the role of the love-starved banker's assistant Miss Hathaway on *The Beverly Hillbillies* in 1962. After the series ended, she ran unsuccessfully for U.S. Congress in her home state of Pennsylvania in 1984; *Hillbillies* co-star Buddy Ebsen campaigned for her opponent. She died of cancer in 1991 at the age of 69.

Q My wife thinks *Gunsmoke* actor James Arness is related to *Mission: Impossible* star Peter Graves. I say they're not. Who's right?

—Wayne Holms, Odessa, Texas

Your wife wins this one. Born James and Peter Arness in Minneapolis, the *Gunsmoke* star-to-be later modified the spelling of his last name to Arness and Peter chose to use their mother's maiden name of Graves. Although they were both very active in movies and television at the same time, they never acted together. But Graves did direct a 1955 episode of *Gunsmoke*, the long-running TV series that starred his big brother in the role of Marshal Matt Dillon.



Brothers Peter Graves and James Arness both served during World War II. Arness, right, injured his leg in battle, leaving him with a lifelong limp.

* Cover photo courtesy of Bryan Berg

Want to know more about a celebrity or public figure?

Send your questions to:

Ask American Profile, 341 Cool Springs Blvd., Suite 400, Franklin, TN 37067 or e-mail us at askus@americanprofile.com.

The volume of mail received prohibits us from giving personal replies—through e-mail or other means.

The modern-day lineup of *The Four Aces* consists of Joe Amato, Fred Diodati, Joe Giglio and Harry Heisler.

Q We danced to the music of *The Four Aces*. What are they doing now?

—Norma Reinke, Ashland, Neb.

A "second generation" of the Pennsylvania-based quartet that recorded the 1950s hits "Love Is a Many-Splendored Thing," "Three Coins in the Fountain" and "Melody of Love" continues to tour, but without any of its original members—Al Alberts, Dave Mahoney, Sol Vaccaro and Lou Silvestri. Each present-day Ace replaced an original member sometime between 1957 and 1975.

Read about the winners of *American Profile's* 'Gone Fishing with Trent Willmon' contest online at americanprofile.com/trent

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Places

Telling the Story of Bluegrass

by KAY WEST

Opening the front door of the International Bluegrass Music Museum in Owensboro, Ky. (pop. 54,067), is like lifting the lid of a music box. The high-spirited sounds of fiddle and banjo welcome visitors with a tune that practically translates "Come on in!"



Museum director Gabrielle Gray "fiddles" with a life-size sculpture.

The 22,000-square-foot museum, located in Owensboro's RiverPark Center Complex and open year-round, celebrates the spirit of the music that bluegrass patriarch Bill Monroe once said "has brought more people together and made more friends than any music in the world."

Packed with treasures, the museum opened in 1995 after the International Bluegrass Music Association (IBMA) and others involved in the bluegrass industry expressed concern that the genre's "first-generation musicians were becoming an endangered species," says Gabrielle Gray, the museum's executive director.

Owensboro was selected as the museum's



An exhibit honoring Bill Monroe fascinates Edward Martell of West Bend, Ind., at the International Bluegrass Music Museum.

location because of its proximity to Bill Monroe's birthplace, home and final resting place in the Kentucky community of Rosine (pop. 417). One of the museum's many permanent exhibits is dedicated to Monroe, the universally acknowledged "Father of Bluegrass," who named his unique style of high harmony and nimble instrumental licks after Kentucky's nickname, the Bluegrass State.

"In bluegrass music, there has never been much of a barrier between the audience and the performer," says award-winning bluegrass musician Tim O'Brien, a former president of the IBMA. That friendly atmosphere is depicted in the museum's display of a campground jam session with a circle of life-size sculptures of musicians, illustrated by panoramic photo murals of fan-filled crowds at bluegrass festivals and encouraged on



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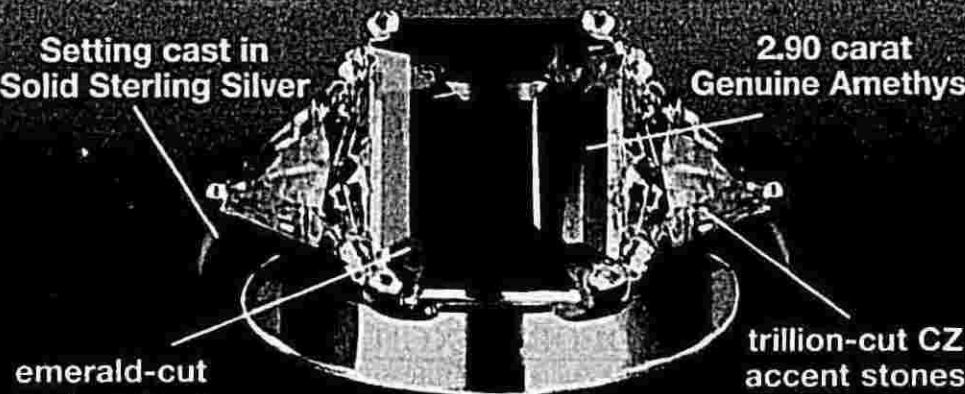
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a rustic stage complete with instruments ready to be played by visiting musicians.

The second floor tracks the story of bluegrass from 1945 through 1960 on the Wall of Time and salutes the music's founders in the Hall of Honor. A 1946 Wurlitzer jukebox is stocked with bluegrass classics such as Monroe's "Blue Moon of Kentucky," "The Fields Have Turned Brown" by The Stanley Brothers and Jimmy Martin's "You Don't Know My Mind," and touch-screen computers invite visitors to become sound engineers in a virtual recording studio.

Other displays showcase thousands of record albums and singles, vintage bluegrass posters and playbills from around the world, and dozens of treasured instruments, such as Kenny Baker's fiddle, Pete Seeger's banjo and Josh Graves' Dobro.

Kristi Harrison, program coordinator of Girl Scouts of Kentuckiana in Louisville, Ky., brought 36 of her scouts to the museum last year to earn their History of Bluegrass Badge. "They were totally captivated," she says. "They got to play instruments and all came away bluegrass fans."

The museum's annual River of Music Party (ROMP) is a three-day celebration of live performances and other activities. More than 6,000 people are expected to attend this year's ROMP, scheduled from June 21 to 23, to hear The Grascals, Marty Stuart, The Del McCoury Band, Jesse McReynolds and some 25 other acts. The

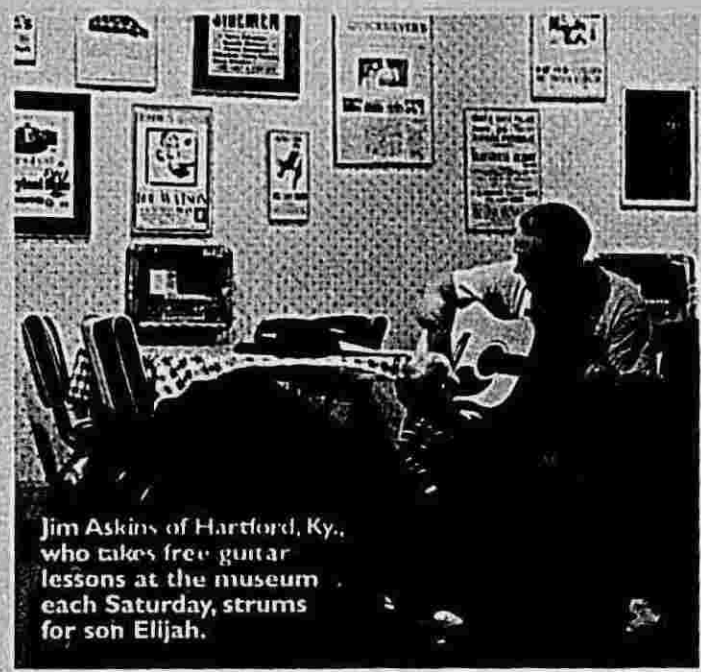


A resonating guitar, or Dobro

The museum is a fitting tribute to the careers of artists who devoted their lives to the music so near and dear to their hearts. "It honors all the people who spent years and years on the road, recording and traveling and entertaining people around the world," McReynolds says. "It tells the story of bluegrass." ★

Kay West is a writer in Nashville, Tenn.

To comment or to access the International Bluegrass Music Museum's website, click on this story at americanprofile.com.




Jim Askins of Hartford, Ky., who takes free guitar lessons at the museum each Saturday, strums for son Elijah.



Musicians gather to "jam" at the museum most Thursday nights.

ROMP event is just one way the museum helps visitors connect with the performers, instruments, sounds and history of a music that continues to find new fans.

"Bluegrass goes back to the roots of where country music started," says Jesse McReynolds, 78, honored in the museum along with his late brother, Jim, his longtime partner in the pioneering bluegrass duo Jim & Jesse. "When we started out, we didn't think we'd ever be recognized like this. We were just doing what we were doing, making a living. We never thought about being in a museum."




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Cover Story

by MARTI
ATTOUN
Contributing Editor



At 2 a.m. while the world around him

sleeps, Dalton Stevens of Bishopville, S.C. (pop. 3,670), brushes a button with glue and sticks it on a grandfather clock. Then he glues another button and another, slowly adding to his collection of nearly 900,000 buttons that adorn everything from his cars to commodes.

Stevens' passion for buttons began on a sleepless night 24 years ago when he passed the time by fancying up a denim suit.

"I'd sit at my eating table and I'd sew 25 buttons at a time," Stevens says. "I sewed for two years and 10 months." By the time he knotted the thread on the last button, his suit weighed 16 pounds and shimmered with 16,333 buttons.

Stevens, 76, did the next obvious thing—shoes to match.

"At first, I didn't know what to think about it," his wife, Ruby, 73, says about the middle-of-the-night button art, "but he was quiet. Now I think it's wonderful."

Along with a magnificent hobby, Stevens found fame—and a bonanza of buttons—as he told his story for newspapers and national television, including *The Late Show with David Letterman*, and people across America emptied their button jars and sent the buttons his way. In 1990, Guinness World Records certified that Stevens owned the world's largest collection of buttons without duplicates—439,900 of them.

"You don't give up on life because something bad happens to you," Stevens says, referring to his insomnia that led to early retirement from DuPont in nearby Camden (pop. 6,682). "I sleep an hour, then get up, and then go back to bed. I'm up and down all night."

But when he's up, "The Button King" is picking through piles of buttons—all shapes and sizes, solids and swirls, plastics and pearls. Using contact cement, he gussied up his piano with 35,000 buttons, an '81 Chevrolet Chevette with 149,000 buttons and perked up his '68 Pontiac hearse with a whopping 600,000 buttons.

Two years ago, Stevens opened his free Button Museum next to his home to display his splendid creations, including a button-encrusted outhouse, a bathtub and his own casket.

Cartwheeling for charity

Don Claps, 41, of Broomfield, Colo. (pop. 38,272), keeps his Guinness World Record memorabilia on a shelf in his office: a pair of worn garden gloves padded with carpet scraps and a hand counter stopped on 1,293.

Claps performed 1,293 cartwheels in one hour to set a world record during a *Live with Regis and Kelly* TV show last September.

The head-over-heels adventure for the real estate agent began in 2004 when he auditioned for a role on the TV show *Survivor* and needed something dramatic on his audition tape. His 17-year-old daughter, Tia, suggested that he revive his cartwheeling skills from his high school gymnast days and also use them for the Boulder Boulder, an annual Memorial Day 10K race.

"You need to be pretty mean and lean," Claps says, while cartwheeling across his living room floor, "because the bottom line is you have to hold all your body weight on one hand." He's a wiry 150 pounds and 5 foot, 10 inches.

After weeks of practicing and conditioning, Claps cartwheeled the Boulder race, survived and set his sights on a Guinness World Record. He founded a charity, Cartwheels for Kids, last year and raised \$500 for toys for The Children's Hospital in Broomfield.

Claps set his first world record of 1,076 cartwheels in one hour in 2005, then broke the record in 2006 on *Live with Regis and Kelly*, cartwheeling 1,293 times on the sidewalk outside the studio. His wife, Cindy, handed him water in a paper cup during his record-breaking feat.

"I'd pop it in my mouth and throw down my hands. Hold the water in my mouth and swallow on the next cartwheel," says Claps, who describes the event as "dis-orienting."

Cindy is proud of her husband's "world's best" title. "I do joke about him with our friends that he's in his midlife crisis," she says.

Cartwheeling brings back happy childhood memories for everyone, Claps says. He can't resist turning a few—or a thousand—and seeing people smile.

"I'm a bit of a ham," he says.

Don Claps of Broomfield, Colo., cartwheeled 1,293 times in one hour during a *Live with Regis and Kelly* TV show.





Darlene Flynn of Romoland, Calif., is a footwear fan.

A sole obsession

At home in Romoland, Calif. (pop. 2,764), Darlene Flynn makes phone calls by dialing a red stiletto high heel, reads by a leopard-print shoe lamp, eats from shoe-decorated plates in a kitchen steeped with 100 shoe-themed teapots and 200 shoe-shaped salt and pepper shakers. Clocks, umbrellas, purses, rugs, soap, wind chimes, perfume bottles and rows of back-yard planters—every household object is either shaped like a shoe or adorned with one.

"The shoes not only make me happy, but make other people happy," says Flynn, 51, who was honored by Guinness World Records last October for owning the world's largest collection of shoe-related items—7,765 pieces. She spent six months photographing and documenting each one.

Flynn, who owns her own bookkeeping and tax service, has spent more than \$150,000 on her shoe obsession, which she began following a divorce in 2001.

"My ex-husband is to blame—or to thank," Flynn jokes.

Although she spends every spare cent on shoes, her favorite was free—a leather high-top boot worn by her grandmother on her wedding day. She owns "only" 120 pairs of shoes for her own size 8 feet, which are extra wide and hard to fit.

Flynn's son, Shawn, 31, shakes his head and takes his mother's collection in stride. "If she could live in a shoe, she would," he says. "Her dog is even named Shoesy-Q."

(Continued on page 8)



An assortment of the 7,765 shoe-related items.



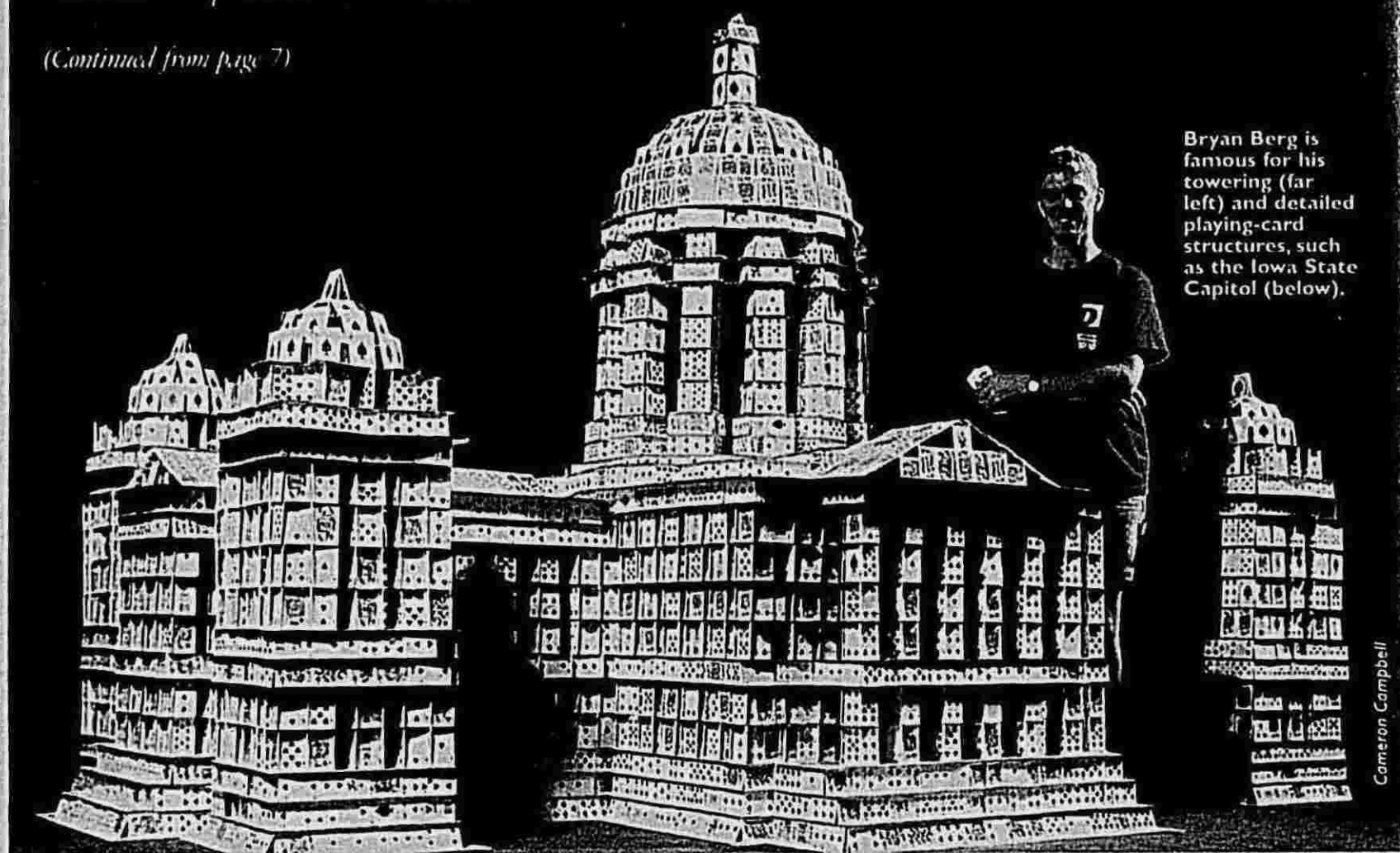
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(Continued from page 7)



Bryan Berg is famous for his towering (far left) and detailed playing-card structures, such as the Iowa State Capitol (below).

Cameron Campbell

Stacking the decks

In 2004, professional card stacker Bryan Berg spent 24 long days at Walt Disney World in Orlando, Fla., building a replica of Cinderella's Castle, complete with turrets and tunnels.

"It took a lot of perseverance," says Berg, 32. "It had to be designed for high winds because I built it under a tent. There was only one close call. A squirrel got into the tent while I was gone and eroded one wall."

The completed 3,000-deck, 450-pound castle earned Berg a Guinness World Record for the "largest" card structure, standing 14 feet square and 14 feet at its highest.

The Santa Fe, N.M. (pop. 62,203), resident has parlayed his passion into a profession by building replicas of grand structures—state capitols, stadiums, city skylines with landmark buildings—for state fairs, trade conventions and corporations.

Berg doesn't glue or bend the cards, but uses a basic four-card block that resembles a pinwheel with a square in the middle. He combines the blocks into grids to strengthen his structures.

Although he has a degree in architecture from the University of Iowa at Ames (pop. 50,731) and a master's degree in design from Harvard University, Berg's future was in the cards as a young boy, recalls his grandfather Ray Trojahn, 85, of Clear Lake, Iowa (pop. 8,161). During breaks in family card games, Bryan would sit on his lap and stack cards as tall as he could, Trojahn says. "He was probably 3 or 4."

His mother, Becky, learned to dust around card creations at the family home in Spirit Lake, Iowa (pop. 4,261). "As a parent, you don't want to squelch your child's creativity," she says.

At 17, Berg set his first Guinness World Record by building the world's tallest card structure, a tower that

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stood 14 feet, 6 inches, for a math project in the auditorium at Spirit Lake High School. He got an "A." He later broke that record in 1999 with a 25-foot, 3-inch tower that required 2,400 decks of playing cards.

Although Berg loves building the card skyscrapers, he also loves demolishing them with a leaf blower so he can see how many walls, floors and columns must fall before the structure collapses.

"I actually learn more by tearing down, than by building," he says, "and I always learn something." ★

Click on this story at americanprofile.com to see more photos and find links to these record breakers.

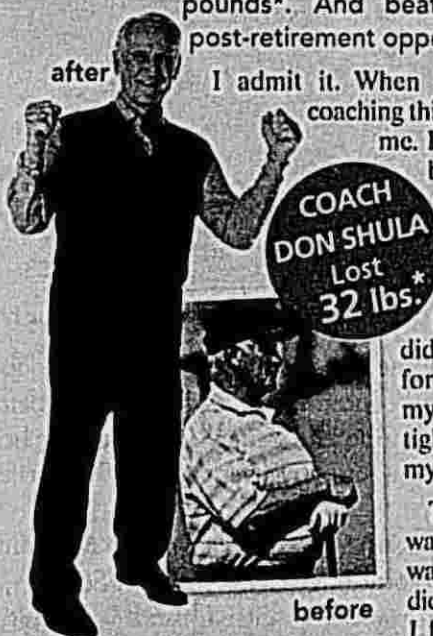


A replica of Cinderella's Castle at Walt Disney World in Orlando, Fla., earned Berg a Guinness World Record.

Bryan Berg

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They make all the meals for you and they're ready in minutes. Plus! You don't have to count calories or carbs or anything and you get to eat six times a day.

They also deliver the food right to your door. That's right. You don't have to spend an hour driving to a weight loss center to weigh-in. Who has the time for that? You just lose weight in the privacy of your own home.

A Great Way For Older Americans To Lose Weight

Look. I may have had a glamorous job and a great career. But I am like many other typical older Americans. I enjoy eating. And with NutriSystem I still can.

And I can eat the foods I grew up loving.

Burgers. Pasta. Pancakes. Hot dogs. Pot roast. Even chocolate.

It's real comfort food...but without the uncomfortable weight gain that usually goes along with it.

Hey, I'm still a busy guy. My wife and I travel all the time and NutriSystem meals fit right into our lifestyle perfectly. When we go on a trip, we can just take the meals with us. Heat them up in the microwave and we are ready to eat. That's why I say if I can do it, anybody can.

People Tell Me I Look Ten Years Younger

Heck, I feel ten years younger. I retired from pro football 12 years ago. I'm 77 years old. And I feel great.

Listen. Anybody who knows me knows that I hate to lose. But losing never felt so good thanks to NutriSystem. So if you are feeling overweight. If you don't feel like you have the energy you once did. If you want to look and feel better than you have in a long while, then I urge you to give NutriSystem a call.

You can be your best again. It's your turn to get back in the game. Take it from an old ball coach. C'mon. Give them a call.

A special note from Mary Anne Shula

Hey Coach! You're not the only Shula who lost weight on NutriSystem Silver.™

That's right. I went on the program, too, and lost 23 lbs.!

NutriSystem Silver Worked For Us

Now I look and feel so much better. And so does Coach. In fact, my little grandson told me, "Grand Mary Anne, you look hot!" Imagine that!

Plus! They do almost everything for you. All the food comes to your door. It takes minutes to prepare. And trust me. It is delicious.

We Are Running Around Like Kids Again!

It's really important for my husband and me to enjoy our life and our family (we have 17 grandchildren!). And being overweight sometimes got in the way of how well we really lived. Today we are happier and healthier because we made the call to lose weight together.

I'm so proud of what Coach and I have accomplished. So if you want to lose weight—for whatever reason—I recommend you give NutriSystem a try.



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*Results not typical. On NutriSystem, you add-in fresh fruit, vegetables, salads and dairy items.

Hometown Hero

by CHRIS
McGONIGLE

Camping for the Blind

On a brilliant summer day along the Bitterroot River in southwestern Montana, Lauren Beyer, 11, touches a frog for the first time. "Oooh, I didn't know they felt like this . . . cold and slippery," exclaims Beyer, who was born blind. For Beth Underwood, 57, such moments are why she started Camp Eureka!, a free nature camp for blind children.

The camp's origins were born out of Underwood's own tragic diagnosis. In 1999, while working to develop outdoor educational programs for the U.S. Fish and Wildlife Service, she noticed her vision dwindling. She was stunned when an ophthalmologist told her she had chronic and acute glaucoma, and that her vision loss was permanent.

DIABETIC METER

In the past 2 years there have been over 54 manufacturer notifications or recalls. There were over 30 Class 1 High Risk recalls for diabetic meters issued by the U.S. Food and Drug Administration. A Class 1 Recall means that there is a reasonable chance that the product will cause serious health problems or death. Most major diabetic meter manufacturers have had a recall in the past 2 years.

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Beth Underwood created Camp Eureka!, a nature camp for blind kids.

Underwood took some time off from her teaching job to deal with her diagnosis and contemplate her future. But before long she decided to learn braille and renew her teaching license. "I don't spend much time agonizing over the past," says the former English instructor.

Through contacts at the local office of the Montana Blind and Low Vision and Vocational Rehabilitation Services, Underwood was offered a job working with a blind 3-year-old named Tiana, and found great joy in helping the girl discover the world around her.

That's when her husband, Jack, suggested she start a camp for blind kids. The idea struck a chord with Underwood. "I knew I could do it," says Underwood, who has undergone several surgeries to slow the progression of her vision loss.

Her first few phone calls met with an enthusiastic response. When the National Federation of the Blind gave her a check for \$5,000 in start-up money, she contacted the Teller Wildlife Refuge near her home in Stevensville, Mont. (pop. 1,553), where campers would have access to 1,200 acres of ponds, streams, fields and nature trails. An old two-story farmhouse with a large wraparound porch offered plenty of space for campers to spread out their sleeping bags.

Many phone calls, grant applications and meetings later,

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Underwood had the money to start Camp Eureka!, which opened in June 2005. Underwood felt giddy with excitement as cars rolled in with the campers, four girls and four boys, ages 8 to 13. During the long, warm summer days, they tromped through pine forests, listened to songbirds and learned about their habits, rafted the Bitterroot River and studied the creatures that lived along its banks, and sampled the same kinds of food that explorers Meriwether Lewis and William Clark ate 200 years ago.

This year, Camp Eureka! is scheduled to host a dozen campers for five days at the University of Montana's Flathead Lake Biological Station in Polson (pop. 4,041). Like other summer camps, there will be water fights and singing around the campfire. But unlike other camps, half of the 12 volunteer counselors are blind. It's part of Underwood's method, to provide positive role models for the kids.

"Blindness is a low-incidence handicap," she says. "So a blind child in Montana might never know a blind adult" without the camp.

While campers are discovering the outside world, they'll also learn a lot



A camper learns to use a braille compass. about themselves. "You hear these conversations among them, 'Are you scared of the raft trip?' 'Are you going anyway?' And pretty soon you hear them talking each other into things," says John Recore, a sighted Camp Eureka! volunteer from Billings, Mont.

Overcoming fear is exhilarating for blind campers and their parents. "Lauren said it felt like Christmas," says her mother, Gwen Beyer. "She can't wait to go back."

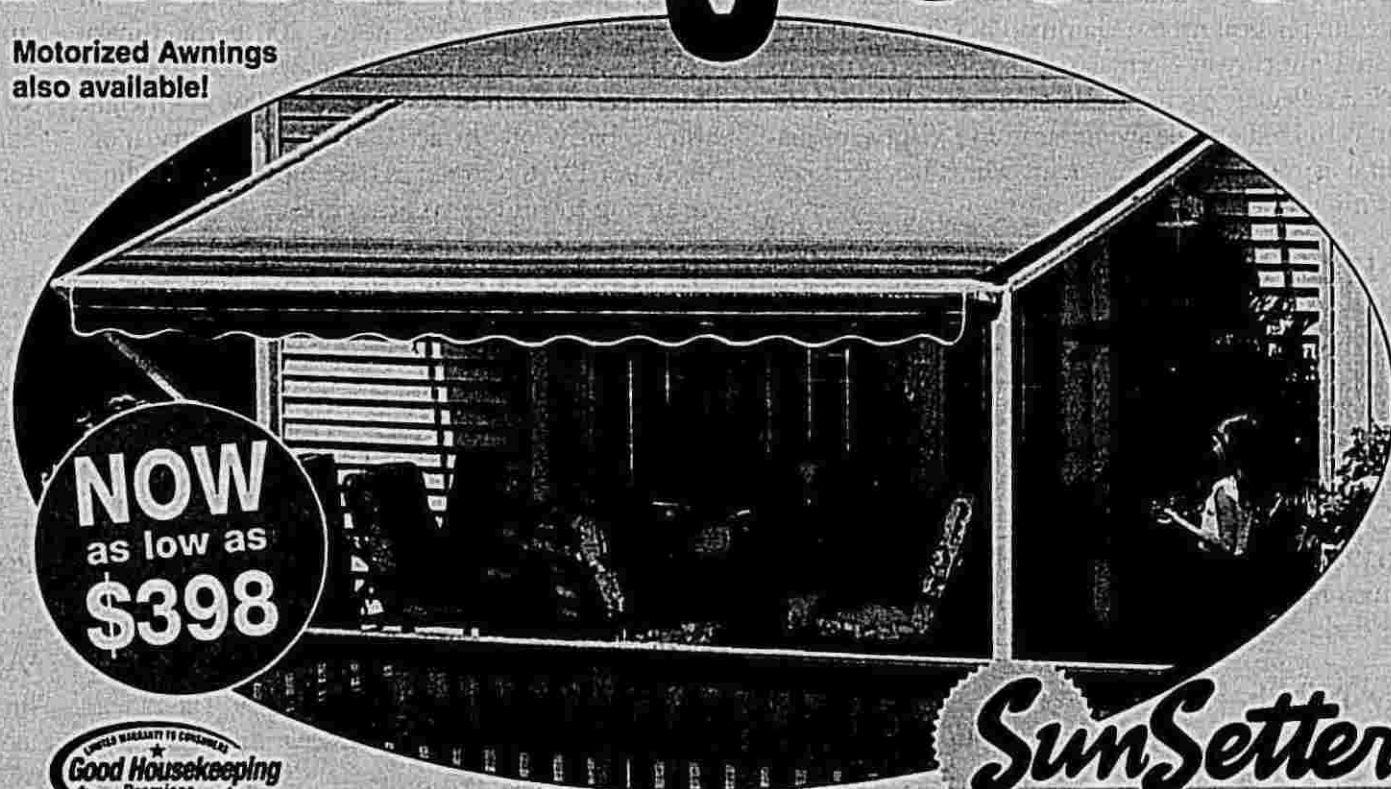
For Underwood, who serves as the director of Camp Eureka!, the kids' enthusiasm is contagious. "I've always loved seeing the world through the eyes of a child," she says. "The fact that those eyes are blind doesn't make it any less magical."★

Chris McGonigle is a writer in Helena, Mont.

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Tidbits

Did You Know...

ILLINOIS—Founded in 1929 as a fraternity interested in physical fitness, Gamma Phi Circus at Illinois State University in Normal (pop. 45,386) is the nation's oldest collegiate circus. Today, students at Illinois State can earn credit while swinging from a trapeze or juggling as members of the circus, which has been performing since 1931.

INDIANA—The world's largest steer, Old Ben, weighed 4,720 pounds, stood more than 6 feet tall and stretched more than 16 feet from the tip of his tail to the tip of his nose. Born in Miami County (pop. 36,082), Old Ben died in 1910, and his stuffed body is displayed at Highland Park in Kokomo (pop. 46,113).

IOWA—Each July, runners in Eldridge (pop. 4,159) participate in the Moonlight Chase. The race, which raises money for community projects, is held after dark, its four-mile course lit by luminaries.

KANSAS—Renee Miller of Spring Hill (pop. 2,727) invented the game of horse soccer to help her horse overcome his skittishness about objects in his path. While horses in the game have riders, it's the steeds that kick, block and score with a 50-inch rubber ball.



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MICHIGAN—The Gilmore Car Museum in Hickory Corners displays nearly 200 extraordinary vehicles—from an 1899 Locomobile to a classic Duesenberg and muscle cars of the 1960s—in eight historic barns on 90 acres in Barry County (pop. 56,755). A 1930s restored gas station and a 1941 diner are among the museum's attractions.

MINNESOTA—In 1903, civic leaders were inspired by the brilliant northern lights above their new town and named it Aurora (pop. 1,850).

MISSOURI—Despite losing his right arm in a childhood truck accident, Pete Gray played major league baseball in 1945 with the St. Louis Browns. The one-armed outfielder used a thinly padded glove, which could be slipped on and off quickly.

NEBRASKA—During World War II, about 5,000 dogs were trained at the Fort Robinson War Dog Training Center in Dawes County (pop. 9,060). The canines were trained as guards, scouts, messengers and sled dogs.

NORTH DAKOTA—Straus Clothing in Fargo is the state's oldest family business and traces its

roots to 1879 when Adolph Sternberg opened his first store in Sanborn (pop. 194).

OHIO—Since 1934, every football player at Ohio State University in Columbus has received a miniature charm—a pair of gold football pants—after a victory against archrival, the University of Michigan. The tradition began when a nervous player wondered how they would bear the mighty Wolverines. The coach put the matter in perspective by saying, "They put their pants on one leg at a time just like everybody else."

SOUTH DAKOTA—Buffalo Ridge, a cowboy ghost town near Sioux Falls, features rustic buildings and life-size animated mannequins that re-enact 1880s history and Old West life typical of the region. A restaurant serves buffalo burgers.

WISCONSIN—James Wilberg, 15, of Franklin (pop. 29,494), was named the 2006 World Champion Liar by the Burlington (pop. 9,936) Liars Club. Wilberg's whopper: "There are three kinds of people in the world. Those who are good at math, and those who aren't." ☆

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from SUE E. MCCOY

Squash Fritters

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RECIPE: Squash Fritters

AmericanProfile



Sue E. McCoy
Lexington, Va.



Squash Fritters

- 3 tablespoons vegetable oil, divided
- 1 egg, beaten
- 3/4 cup milk
- 1/2 cup self-rising cornmeal
- 1 cup packed grated yellow squash or zucchini (about 1 medium)
- 2 tablespoons grated onion
- 2 tablespoons sour cream
- 2 tablespoons finely shredded Parmesan cheese
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Prepared salsa

1. Combine 2 tablespoons oil, egg, milk, cornmeal, squash, onion, sour cream, cheese, cayenne, salt and black pepper; mix well. Add additional milk for a thinner consistency or another tablespoon of cornmeal if batter is too runny.

2. Heat remaining oil in a large skillet over medium heat. Spoon 1/4 cup batter per fritter into skillet. Cook until golden, about 4 minutes on first side and 2 minutes on second side. Repeat with remaining batter. Serve with salsa. Serves 4 as an entrée; 8 as a side.

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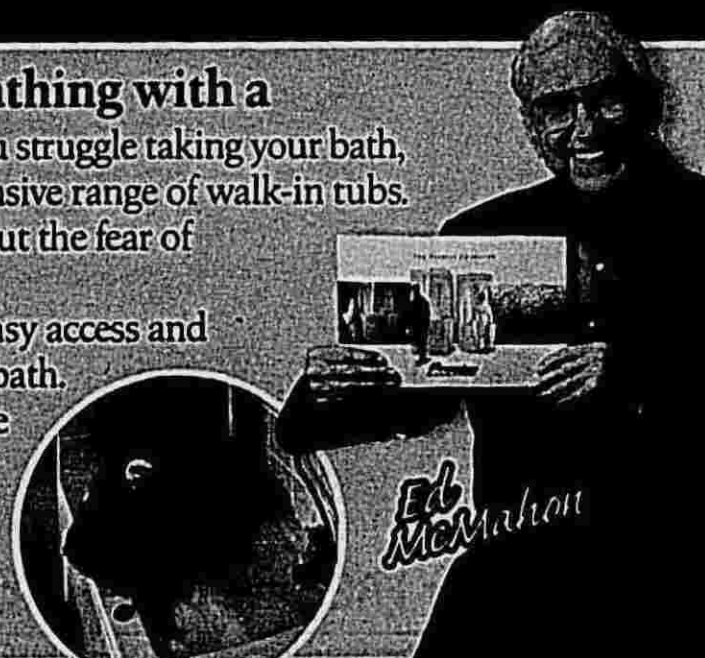


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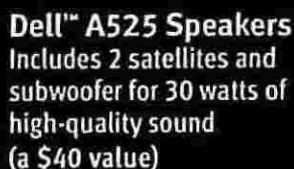
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FOOD, FESTIVALS AND FUN



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PORK CHOPS
PAGE 8 FRIED
GREEN TOMATOES
PAGE 12 LUNCH AT
THE LAKE PAGE 18
BERRY SLUMP AND
CRUMBLE

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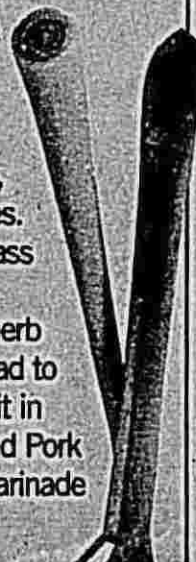
This and That

Eating local and seasonal sounds great, but with kids and jobs, most of us don't have time to pick our own corn. That's where a CSA (community-supported agriculture) program comes in. These are local farms that deliver a box of farm fresh produce to your door or a pick-up place. To see just how these work, we had contributing editor Tamar Haspel test drive one for us (see page 14). I've also joined a CSA and will keep you posted on how it goes. In the meantime, I want to hear about how you're eating more local—be it through a CSA, your own garden or a local farmers' market. Email me at jmelton@pubgroup.com. Also, check out relishmag.com for lots of fresh summer recipes.

Jill Melton, Editor

This Grass is Greener

Lemon grass—it's the distinguishable ingredient in your sweet and sour soup and a prominent flavor in Thai and Vietnamese dishes, and one that's becoming more common in your local supermarket. Lemon grass adds a unique subtle citrus flavor to foods and is easy to use. Remove the toughest outer leaves, then chop the stalk (white part only) to flavor marinades, soups and dipping sauces. Even better, grow this grass yourself. A small 3-inch pot purchased from an herb supplier will quickly spread to fill a large container. Try it in our Grilled Vegetables and Pork Chops in Lemongrass Marinade on page 4.



Relish Bites

Need some help in the grocery store? Log on to relishmag.com/video for your personal tour through the super with Chef Jon Ashton. Born and raised in Liverpool, Jon learned the joy of cooking in his grandmother's warm cottage kitchen. We've teamed up with Jon to bring that warmth to *Relish* readers. In these trips down the supermarket aisles, you'll learn how to buy chard and salmon and how to cut a mango. We then challenged Jon to come up with three easy weeknight meals that contain only five ingredients. Go to relishmag.com to buzz the aisles with Jon and see what he's cooking up for supper.



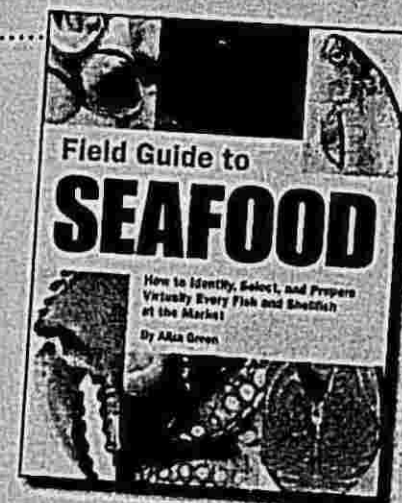
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1221 Number of food commercials for candy that kids aged 8 to 12 see each day
Number of seconds that 8- to 12-year-olds are exposed to advertising on nutrition and health

Source: Kaiser Family Foundation

Too Many Fish in the Sea

Don't know your flounder from your halibut? Here's the book you need. *Field Guide to Seafood* (Quirk, 2007, \$15.95, quirkbooks.com) by Aliza Green identifies more than 100 different fish and shellfish. Each entry provides alternate names, a general description, locale and season, characteristics, selection and storage. And even more important for the home cook, Green offers tips on preparation, a suggested recipe and flavor affinities. A full-color insert features 90 photographs. Green is the author of other titles in Quirk's field guide series: *Field Guide to Produce*, *Field Guide to Meat*, and *Field Guide to Herbs & Spices*.



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CELEBRATING AMERICA'S LOVE OF FOOD

JUNE 2007



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"Thank you for an absolutely splendid publication. *Relish* represents quite a fresh approach to the age-old joy of cooking new dishes."

—Andy Smith, Meridian, Miss.

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Dad's Day Off

START YOUR GRILLS...



Some men are grillers; some aren't. For nine simple rules for the latter, go to relishmag.com/grilling

When summer rolls around we can't help wondering why men who don't cook a meal from October to May bring out the charcoal chimney and the tongs and look around for something that has stopped moving to slap on the grill. It must go back to Paleolithic gender roles: men hunt and women gather. These days, starting fires and handling meat is the closest most men come to the manly act of spearing a woolly mammoth.

Why not give Dad a break on Father's Day? Take away his tongs, bring him a nice cold drink, and do the hunting and the gathering. According to Judith Fertig and Karen Adler, aka the Barbecue Queens, women grill differently than men. Men, they say, "single-mindedly grill or smoke part of the meal, sitting outside with a frosty beer, watching the world go by as they wait for their barbecued brisket or ribs or grilled chicken wings to get done." In contrast, women, "like to grill or smoke more than one thing at a time and think about the big picture—the whole meal—not just one part."

So, girls, here's a recipe that your man would probably never make—Grilled Vegetables and Pork Chops in Lemongrass Marinade—but he'll love it all the same. But remember, don't get hooked on playing with fire; he's going to want his job back next week. —Tamar Haspel

Grilled Vegetables and Pork Chops in Lemongrass Marinade

Serve with Texas pecan rice or jasmine rice. Adapted from The BBQ Queens' Big Book of Barbecue by Karen Adler and Judith Fertig (2005).

Marinade:

- 1 tablespoon thinly sliced fresh lemongrass
- 1 garlic clove, minced
- 1 tablespoon grated fresh ginger
- 1 small red Thai chile or jalapeno, trimmed, seeded and finely chopped
- 1 teaspoon Asian fish sauce
- 1 teaspoon rice vinegar
- 2 teaspoons cornstarch
- 1 tablespoon peanut oil
- ½ cup lower-sodium chicken or vegetable broth
- 1 teaspoon soy sauce
- 1 teaspoon toasted sesame oil
- ½ teaspoon kosher salt

Vegetables and Pork:

- 4 (6-ounce) center-cut pork chops
- 1 large onion, cut into wedges
- 2 yellow or red bell peppers, cored, seeded and cut into wedges

1. To prepare the marinade, mix all ingredients together. Marinade will keep, covered, in the refrigerator up to 1 week.
2. To prepare the vegetables, combine half the marinade with vegetables in a large zip-top plastic bag.
3. To prepare the meat, combine remaining marinade with pork chops in a large zip-top plastic bag. Refrigerate both vegetables and meat for 30 minutes to 8 hours.
4. Prepare grill. Drain vegetables and pork chops. Grill about 15 minutes or until lightly browned. Serves 4.

Per serving: 240 calories, 9g fat, 27g prot., 10g carbs., 2g fiber, 620mg sodium.

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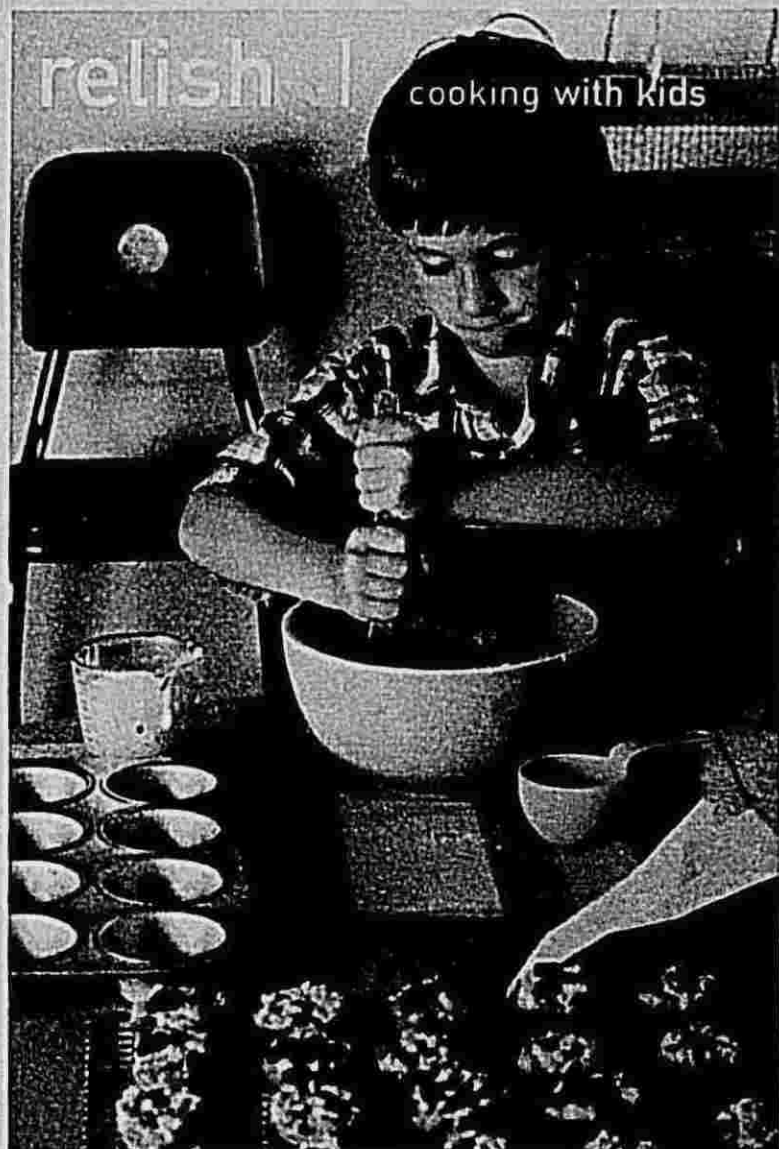
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cooking with kids



Playing with Food



With titles such as *The Enchanted Broccoli Forest* and *Pretend Soup*, it's no wonder Molly Katzen connects with kids. After she taught an entire generation of aspiring vegetarians to cook with her famed *Moosewood* cookbooks, she turned her attention (and paints) to kids. Her latest kids' cookbook, *Salad People* (Tricycle Press, 2005), contains step-by-step illustrations that show kids how to make everything from Sweet Potato Surprise to Polka Dot Rice. Katzen draws kids to good food by getting them involved with making it. "The key tip that makes participating fun for them is to make a project out of everything," she explains.

To get your little ones involved, Katzen suggests:

- Making a ceremony of marching to the sink, washing hands, wearing an apron, washing and mashing vegetables
- Setting up everything on a table or countertop easily reached by children
- Using shallow, wide-mouth containers to make measuring flour and sugar easier
- Encouraging children to arrange the cut up vegetables, fruits and breads or crackers on a platter
- Teaching them to set the table and carry food to it

For information on Katzen's other children's cookbooks, *Pretend Soup* and *Honest Pretzels*, go to molliekatzen.com

By Irvina Lew, a freelance writer in Bay Shore, N.Y.



Chewy Energy Circles

These little circles are a great alternative to expensive energy bars. Kids can help make them by rolling up their sleeves and mixing the ingredients by hand or a big spoon.

- | | |
|----------------------------|---------------------------|
| Cooking spray | 1/2 teaspoon cinnamon |
| 1 cup all-purpose flour | 3/4 cup brown sugar |
| 3/4 cup soy protein powder | 1/2 cup raisins |
| 1/2 teaspoon salt | 1 1/2 cups vanilla yogurt |
| 2 cups old-fashioned oats | 1/4 cup canola oil |

1. Preheat the oven to 375F. Spray 24 standard-size muffin cups with cooking spray.
2. Combine flour, protein powder and salt in a large bowl. Add oats, cinnamon, brown sugar and raisins. Mix with hands.
3. Pour yogurt into a small bowl. Whisk in oil. Add to dry ingredients and mix with hands or a spoon.
4. Spoon 1 1/2 tablespoons of batter into each muffin cup and pat into place.
5. Bake 12 to 15 minutes, until brown around the edges. Transfer to rack and cool at least 10 minutes. Yield: 24 circles.

Per serving: 120 calories, 3g fat, 4g prot., 19g carbs., 1g fiber, 60mg sodium.

(For more kid-friendly recipes, go to relishmag.com/article/233.html)

Mango-Honey Lassi

A lassi is a Southeast Asian version of a milkshake. In the traditional version, plain yogurt takes the place of milk.

- 1/2 cup chopped mango
- 3/4 cup buttermilk
- 1 1/2 teaspoons honey
- 3 ice cubes

1. Combine mango, buttermilk and honey in blender; process until smooth. Serve over ice. Serves 1.

Per serving: 190 calories, 4g fat, 8g prot., 32g carbs., 1g fiber, 160mg sodium.

Counting Soup

- 2 cups peas, fresh and lightly steamed, or frozen
- 2 cups corn kernels, fresh or frozen
- 2 cups firm tofu cubes
- 2 cups grated carrot
- 1/2 pound green beans, cut into 1-inch pieces and steamed until tender
- 3/4 cups alphabet noodles, cooked according to package directions
- 4 cups vegetable broth, heated

1. Place frozen peas, if using, in a colander and run under room-temperature tap water to thaw. Drain thoroughly; transfer to a bowl. Repeat with frozen corn.
2. Place all ingredients except the broth in separate bowls. Arrange bowls on the table in the following order: tofu, carrots, peas, corn, green beans and noodles. Place a regular dinner spoon in each bowl.
3. Let the children go through the line with a medium-size soup bowl, counting in the prescribed number of spoonfuls of each ingredient: 1 spoon tofu, 2 spoons carrots, 3 spoons peas, 4 spoons corn, 5 green beans, 6 spoons noodles.
4. Ladle warm broth over the top. Serves 6.

Per serving: 260 calories, 6g fat, 17g prot., 38g carbs., 9g fiber, 460mg sodium.

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It's Tomato Time

"Would you like to see how I batter these tomatoes?" a lady gently asked as a crowd forms around her at the Slocumb Tomato Festival in Slocumb, Ala. "Our recipe has 5 cups of milk, 4 eggs and 3½ cups flour." As I watched her mix the ingredients together, I asked, "You don't add a little salt or pepper?" She looked at me kindly and said, "People can salt and pepper as they wish." This batter was to make the most delicious fried green tomatoes I'd ever eaten.

Slocumb Tomato Festival goers often wait in long lines to get their very own basket of fried green tomatoes, which many consider a Southern delicacy. Some might say these "good ole 'maters," which are freshly prepared by local seniors, are the unofficial main attraction. This festival has taken place on the third Saturday in June each year since 1989. To ensure that everyone's entertained, the tomato celebration features carnival rides and a local rhythm and blues band. And don't forget the court of tomato queens, who ride into the fairgrounds atop convertibles, waving to the crowd. In fact, many of the nearby communities choose a young girl to send to the festival as their own tomato queen.

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Fried Green Tomatoes with Peach Chutney

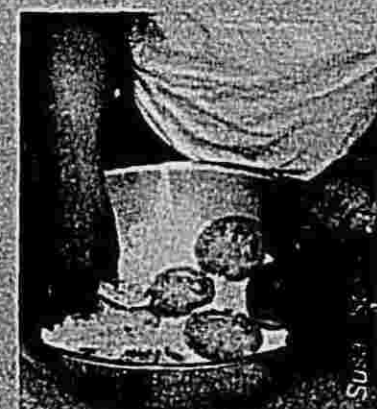
Fruity peach chutney gussies up Slocumb's prized green tomatoes. This recipe was selected as one of the "Year of Alabama Food" recipes. For more Alabama recipes, go to 800alabama.com/yof/main.cfm

Ginger Peach Chutney:

- 2 peaches, peeled and diced
- 3 tablespoons finely diced onion
- 3 tablespoons finely diced red bell pepper
- 2 green onions, sliced
- 2 tablespoons diced pickled ginger
- 3 tablespoons sugar
- 3 tablespoons rice vinegar

Tomatoes:

- ½ cup all-purpose flour, divided
- ½ cup cornmeal
- 2 eggs
- ¼ teaspoon salt
- Coarsely ground black pepper
- 4 green tomatoes, sliced
- Oil for frying
- 3 ounces goat cheese



1. To prepare the chutney, mix all ingredients and refrigerate overnight. The chutney can be made spicy with the addition of either pepper sauce or jalapeños.

2. To prepare the tomatoes, mix half the flour with cornmeal. Beat eggs with a little water. Season remaining flour with salt and pepper. Dredge tomato slices in flour, dip in egg, and dredge in cornmeal mixture.

3. Pour oil to a depth of 2-inches in a large skillet; heat until hot but not smoking. Add tomato slices and fry until crisp. Drain on paper towels. Serve topped with peach chutney and crumbled goat cheese. Serves 6.

Recipe courtesy of the Pepper Place Market and the Alabama Board of Tourism and Travel.

Per serving: 250 calories, 11g fat, 9g prot., 32g carbs., 3g fiber, 210mg sodium.

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Slocumb tomatoes are known for their sweet, subtle taste and lack of acidity. One festival attendee boasted that when you cut into a Slocumb tomato, you'll always find a vibrant red throughout—no white splotches or discolorations. While local farmers grow several tomato plant varieties, which change from year to year, one thing remains constant: the rich soil, partially composed of sand and clay, is perfect for tomato growing. Peggy Collins of the Alabama Bureau of Tourism and Travel said it best: "I've given up eating fresh tomatoes unless I can get the ones grown in the Slocumb area—they still grow 'real' tomatoes, and they are the best!"

By Susan Stone, a food writer and registered dietitian in Birmingham, Ala. For more information about the June 16, 2007, Slocumb Tomato Festival, call (334) 886-2955.



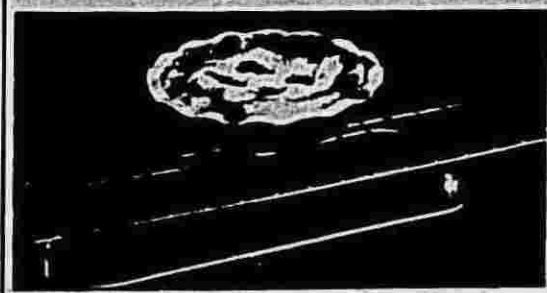
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relish | Chilean reds

Most wine drinkers I know look to Chile for its easy-sipping, under-\$10 reds—the sort of good but unmemorable wines we drank late into the night while passionately discussing the latest art-house flick. But at a recent tasting of Chilean reds, the room was filled with “wows.” These bottles easily made the leap from cheap, impressing even the pickiest wine geeks in the crowd.

**Wine columnist
Wini Moranville
guides you to the
best bottles
for the money.**

Merlot

Again and again, the words “Bordeaux-like” came up as we tasted these Merlots. That’s high praise, as velvety Merlot-based wines from Bordeaux are among the most prized in the world.

- Casillero del Diablo Merlot 2005 by Concha y Toro: \$9
- MontGras Reserva Merlot 2005: \$12
- Cono Sur Visión Merlot 2005: \$14
- Marques de Casa Concha Merlot 2004 by Concha y Toro: \$19



Cabernet Sauvignon

With no harsh edges, these top picks possessed an impressive purity of fruit, along with plenty of the oomph that Cab lovers seek.

- Cono Sur Cabernet Sauvignon 2005: \$10
- Casa Lapostolle Cabernet Sauvignon 2005: \$12
- Marques de Casa Concha Cabernet Sauvignon 2004 by Concha y Toro: \$17



Syrah/Shiraz

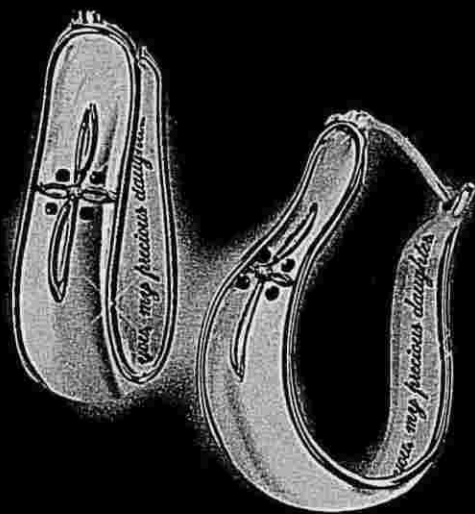
Chilean Syrahs are on the march, turning heads in the wine world everywhere. With these picks, look for dark-black-fruit flavors with a little smoke and violets in a nice, plush package.

- Santa Rita Reserva Shiraz 2004: \$11
- Arboleda Syrah 2002: \$15
- Marques de Casa Concha Syrah 2004 by Concha y Toro: \$19



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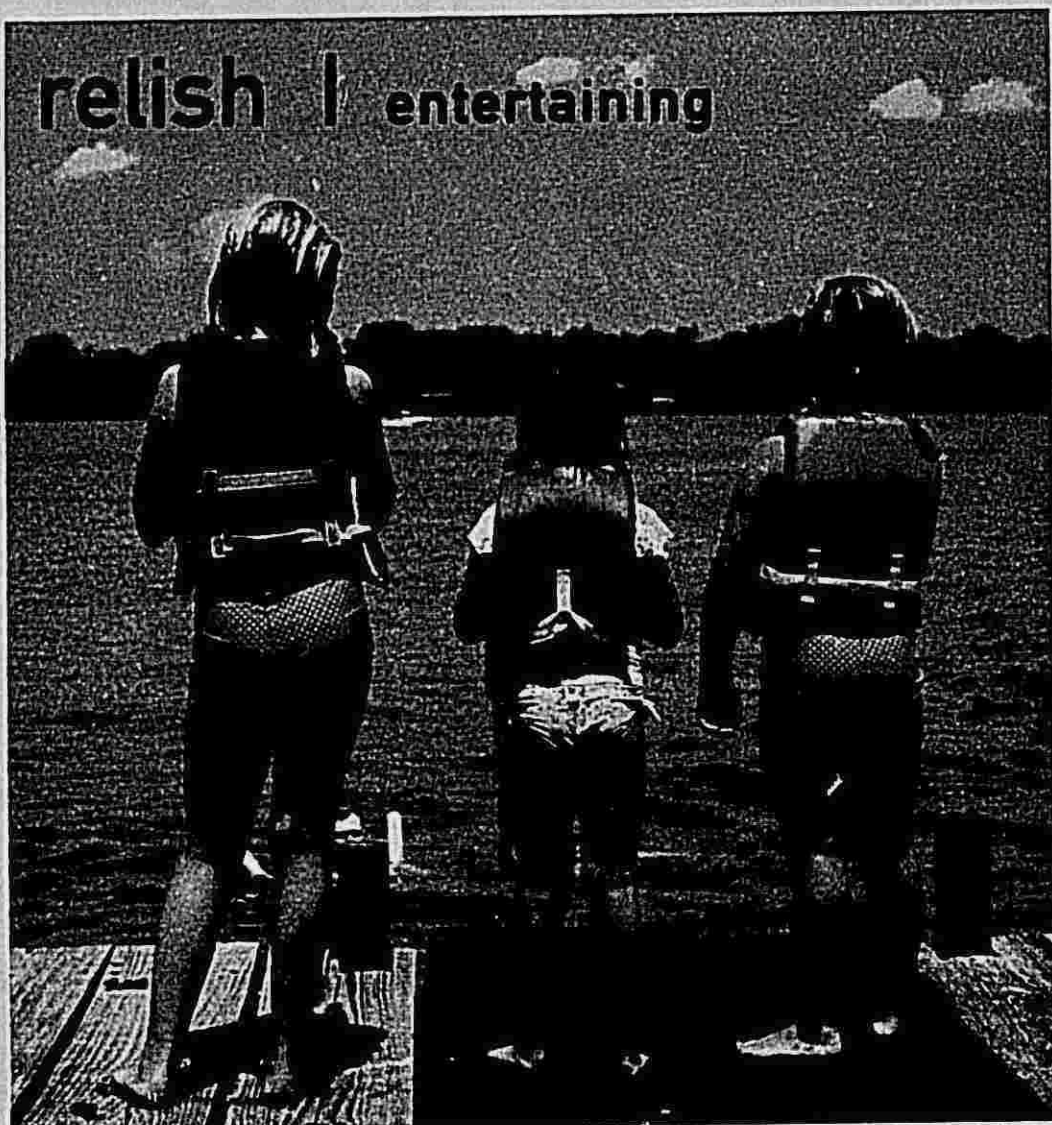
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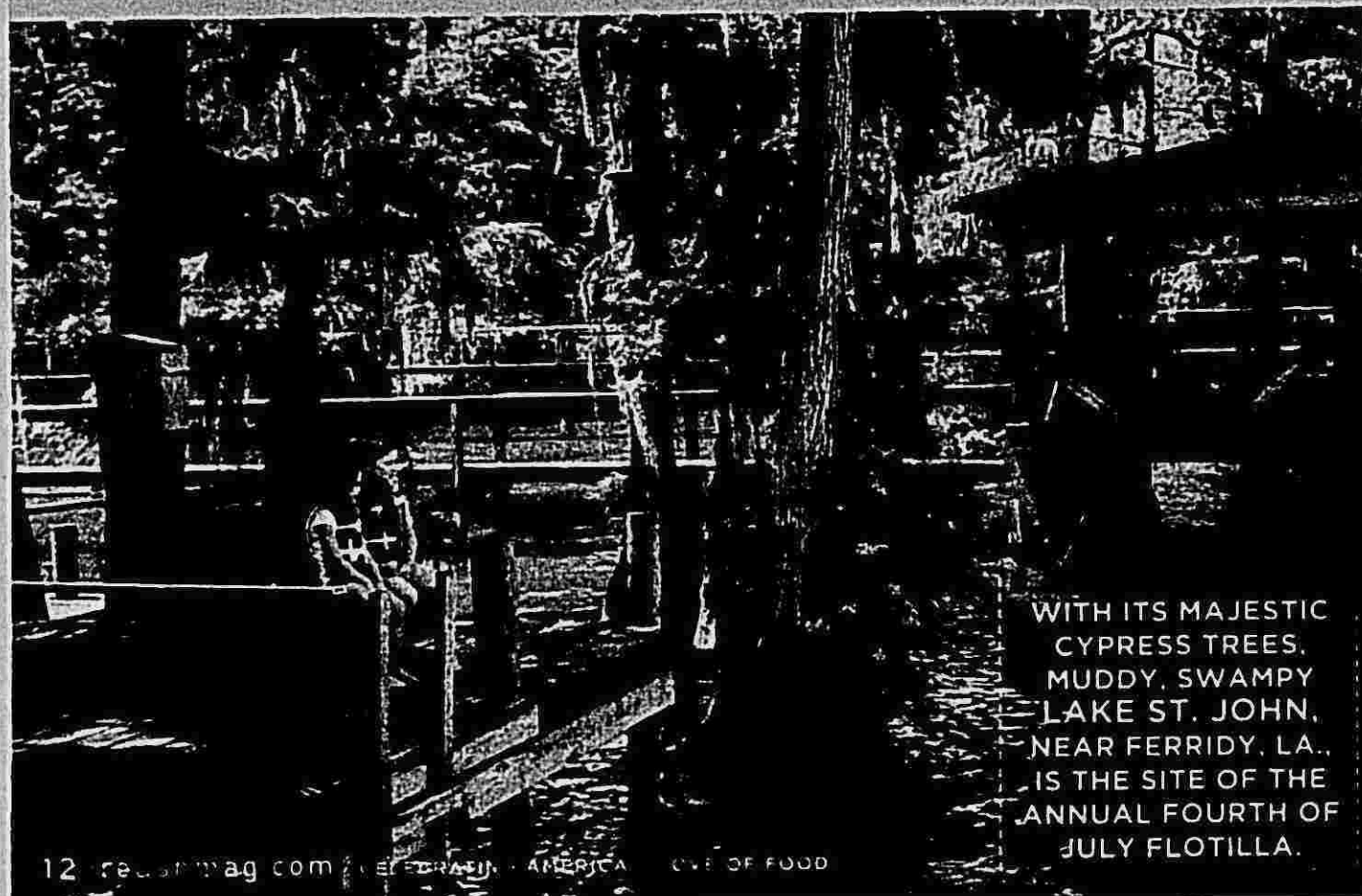
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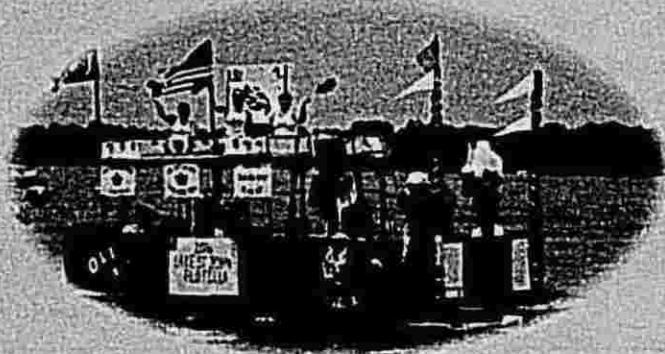


Photos by Hugh
Cotton and Styling
by Britt Warren

Every Fourth of July weekend, the residents of Lake St. John (near Ferriday, La.) celebrate the holiday with the annual flotilla. Boats adorned with every imaginable decoration parade down the river for the blessing of the fleet by the local priest. Onlookers then vote on the best decorations by cheering.

Food is potluck with folks bringing everything from dip to dessert. Ribs are the hands-down favorite, and most people cook them at home, then pack them up with potato salad, cole slaw and the like, leaving the barbecue free for hamburgers, chicken and corn. ♪

Recipes by Doug Hosford, a chef and cooking instructor in Natchez, Miss.



Three Potato Salad

Sweet potatoes add an interesting twist to this classic potato salad. If you can find purple potatoes, give them a try for some extra color.

- 2½ cups peeled, cubed sweet potatoes
- 2½ cups halved fingerling potatoes
- 2½ cups quartered baby red potatoes
- 1 cup light mayonnaise
- ½ cup Creole mustard
- ½ cup finely diced celery
- ¼ cup finely sliced green onions
- ½ teaspoon salt
- Coarsely ground black pepper
- Chopped chives (optional)

1. Place each variety of potato into its own small pot. Cover with cold water, bring to a boil. Reduce heat and simmer 10 minutes or until tender. Drain and chill.

2. In a large bowl, combine mayonnaise, mustard, celery, green onions, salt and pepper. Add potatoes; toss gently.

3. Cover and refrigerate 1 hour before serving. Garnish with chives, if desired, before serving. Serves 6.

Per serving: 280 calories, 13g fat, 4g prot., 37g carbs., 5g fiber, 860mg sodium.

Easy Oven Ribs

These ribs cook at a low temperature for a long time, making them extra tender and great to make year round.

- 2 cups chili sauce (such as Heinz)
- ½ cup vegetable oil
- ½ cup chili powder
- ½ cup cider vinegar
- ¼ cup apple juice
- 2 tablespoons Worcestershire sauce
- 1 tablespoon allspice
- 1 cup packed brown sugar
- 1 tablespoon paprika
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon dried basil
- ½ teaspoon kosher salt
- ½ teaspoon coarsely ground black pepper
- 2 racks pork ribs

1. To prepare the marinade, combine all ingredients except ribs in a large bowl.

2. Place ribs in a large pan. Pour marinade over ribs, making sure to coat all sides. Refrigerate 12 to 24 hours.

3. Preheat oven to 300F.

4. Remove ribs from marinade; reserve marinade. Place ribs on the rack of a roasting pan. Bake, uncovered, 5 hours, basting with reserved marinade every 30 minutes.

5. After the last basting, place marinade in a small saucepan and bring to a boil. Reduce heat and simmer 5 minutes. Serve with ribs. Serves 6.

Per serving: 500 calories, 32g fat, 16g prot., 39g carbs., 3g fiber, 1520mg sodium.

Blue Cheese Cole Slaw

Use a good strong blue cheese, such as Roquefort, in this slaw. Mexican sour cream is richer and thicker than regular sour cream, but either will work fine.

- 1 head of green cabbage, sliced thinly
- ½ cup finely shredded carrot
- ¼ cup finely chopped flat-leaf parsley
- ¾ cup crumbled Roquefort cheese, divided
- ½ cup Mexican sour cream or regular sour cream
- ½ cup mayonnaise
- ½ cup buttermilk
- 1 tablespoon finely minced garlic
- 1 tablespoon Worcestershire sauce
- ½ teaspoon kosher salt
- ½ teaspoon coarsely ground black pepper
- Dash of hot sauce

1. Place cabbage, carrot and parsley in a large bowl and set aside.

2. In another bowl, whisk together ½ cup Roquefort cheese and remaining ingredients until smooth. Pour over cabbage and toss to coat. Cover and refrigerate 1 hour before serving.

3. Sprinkle with remaining Roquefort cheese before serving. Serves 10.

Per serving: 162 calories, 14g fat, 4g prot., 5g carbs., 1g fiber, 366mg sodium.

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CSA and the City

New York city writer Tamar Haspel describes her close encounter with the Community-Supported Agriculture program, Chubby Bunny, a CSA based in Falls Village, Conn. Here's her first report.

I wasn't quite sure what to expect the first week I picked up my produce. Chubby Bunny (never let your child name your farm) drops the weekly haul at a church courtyard about a mile from me, and I showed up with a big blue Ikea bag in case there was more than could fit in my backpack. And a good thing, too. King Kong's backpack couldn't have accommodated the sheer volume of greenery, either that week or subsequent ones. Over the first month, there were eight—count 'em, eight!—kinds of greens. And that's counting lettuce mix as only one! Just about the only things that are ready to eat in the Northeast in June are greens, and my first few weeks' bounty meant I could see my immediate gastronomic future in the leaves.

The obvious first choice is salad. And we had a lot of that. My husband, Kevin, isn't a huge fan of salad ("This is the food my food eats," he says), but one of his husbandly virtues is that he'll eat anything I put in front of him. We had several variations—a butter lettuce salad with lemon and olive oil one night, lettuce mix with radishes and a yogurt-mayo-garlic dressing another—and he never complained. He only bleated after dinner. ♪

By Tamar Haspel, a food writer in New York City.

CSA BOUNTY:

Lettuce mix
Butter lettuce
Arugula
Dandelion greens
Spinach
Radishes
Garlic scapes
(the green part of the
garlic plant)
Spinach
Komatsuna (a
leafy green)
Bunch of small turnips
Mint
Strawberries
Kohlrabi
Marjoram
Kale
Zucchini

(Continued on page 17)

ADVERTISEMENT

Old Cookbook Reveals

"Amazing Details of Washington's Dining Habits"

by Guy Coalter,
Special Features Writer

Canton OH, Special - With hundreds of servants at her command... a person would think our first First Lady was a woman of leisure.

Not so... according to a new historical discovery. A long out-of-print volume entitled, *"The Martha Washington Cook Book"* shows Mrs. Washington personally supervised her entire household staff... and especially the kitchen and dining room servants.

Martha made sure every dish served at Mount Vernon... as well as in the first Presidential "White Houses" in New York and Philadelphia... was prepared exactly as called for in her personal cookbook.

The family cookbook was given to Martha at the time of her first marriage.

In 1749, beautiful seventeen-year-old Martha Dandridge married Daniel Parke Custis. As a wedding gift, the Custis family presented Martha with a family cookbook entitled *Booke of Cookery and Booke of Sweetmeats*.

Handwritten by an unknown hand, there is evidence the recipe book had been in the Custis family for generations. It is quite likely this was a family heirloom dating back to the early 1600s. In all, there were over five hundred classic recipes, dating largely from Elizabethan and Jacobean times, the golden age of English cookery.

Later, Martha Custis became a widow and

in 1759 she married Col. George Washington. Washington was to become the Father of our country and its first President. Martha, of course, became our very first, "First Lady."

Martha kept and used her family cookbook for over fifty years. In 1799, she presented the book to her granddaughter, Eleanor Parke Custis as a wedding gift when she married Lawrence Lewis.

The cookbook was handed down from mother to daughter until 1892 when the Lewis family presented it to The Historical Society of Pennsylvania where it still resides today.

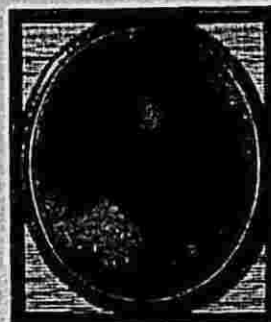
In 1940, the Society gave permission to historian Marie Kimball to study the manuscript and prepare a cookbook entitled, *"The Martha Washington Cook Book."* Although now long out-of-print, an Ohio publisher was recently commissioned to reprint a limited edition of this rare and amusing piece of Americana.

Accordingly, a limited number of copies are being made available to the public at this time. Each volume is numbered and when the present printing is exhausted, there is no contract to print more. These cookbooks could very easily become valuable collectors items.

"The Martha Washington Cook Book" includes facsimile copies of several actual pages from the one-of-a-kind original manuscript. Then, Mrs. Kimball chose over 200

delicious unique recipes from Martha Washington's personal cookbook and completely modernized them so you can easily prepare them in your own kitchen!

The original recipes were written for a huge household including numerous servants. Many called for dozens of eggs and gallons of one thing or another. Marie Kimball "trimmed" each recipe to quantities of ingredients for a family of six.



Martha Washington

You'll get dozens of delicious recipes for Soups, Fish, Meats, Meat Pies, Poultry and Game, Sauces, Eggs - Mushrooms and Cheese, Fritters and Pancakes, Pastry - Pies and Tarts, Cakes, Creams and Jellies, Puddings, Preserves, and Beverages.

Perhaps more interesting for us history buffs is the detailed description of the kitchen and dining habits in the George Washington household. Martha sat at the head of the table with her husband at her side to the right.

Despite dozens of servants around the table, either Martha or George always carved the meats to be served!

You'll absolutely love dozens of other interesting details of this historical dining room.

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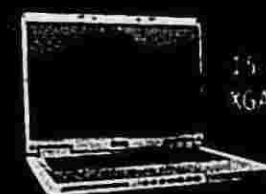
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(Continued from page 14)

CSA Ingredient of the Month: Arugula

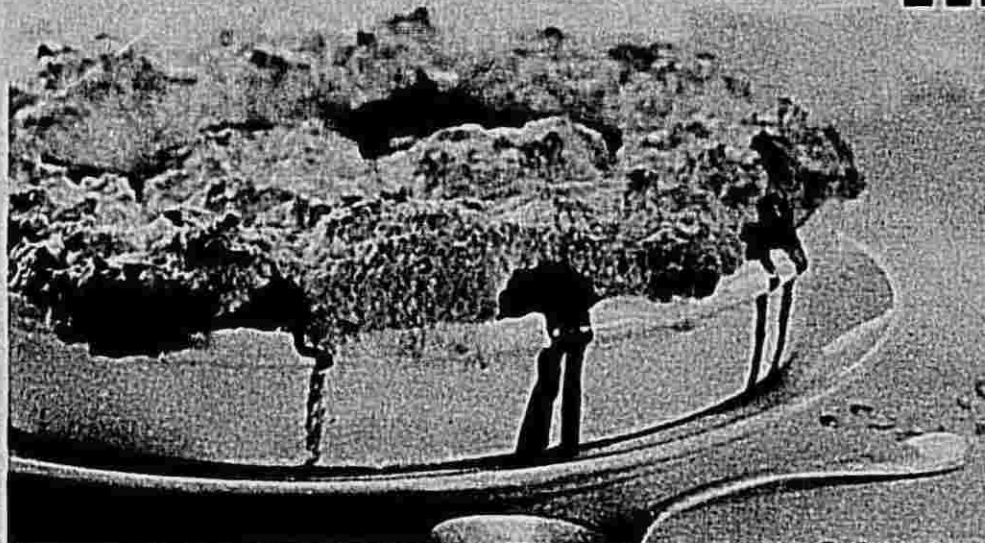
Its other name is *rocket*, which comes from its Italian name, *rucola*, but it could just as easily refer to the green's explosive taste—a dead giveaway to arugula's membership in the mustard family. In ancient times, eating arugula was thought to bring good luck. That's never been proven, but it's never been disproven either—you'll just have to try it for yourself.

- Use arugula instead of lettuce in sandwiches.
- Mix arugula with grapefruit pieces, dress with a light, lemony vinaigrette, and top with shaved Parmesan.
- Substitute arugula for basil in pesto.
- Add it to tomato sauce. Just stir it in and cook long enough for it to wilt—about a minutes or two. (This is also an easy way to freshen up jarred sauce.)
- Cook it with white beans, black pepper and Parmesan cheese.
- Make a risotto with shiitake mushrooms, arugula and scallops. Use white wine, clam juice and stock, and add the arugula at the very end of the cooking time. Season with salt, pepper and lemon juice.
- Make a salad of roasted beets, arugula and blue cheese. Serve warm.
- Use chopped arugula to add flavor and color to chicken, potato or tuna salad.

for salad ideas, go to relishmag.com/arugula

relish | classic dishes

The Upper Crust



Slumps, crumbles, cobblers and grunts—like siblings whose parents had an odd sense of humor—share more than just strange names. As with many siblings, their differences are mostly on the surface (or in the crust). Dig below their toppings and you'll find that they're really just variations on the same theme—a homey and soul-satisfying deep-dish fruit pie.

Real cobblers are topped with a pastry. Grunts and slumps, both topped with biscuit dough, differ in that grunts are steamed and slumps are baked. Crumbles, with perhaps the only name that makes immediate sense, are topped with a buttery streusel. But below these toppings, they're all the same: summer fruit at peak ripeness brought to full flavor with judiciously spare doses of sugar, lemon juice and spices. ♪

By Damon Lee Fowler, food writer and culinary historian. The author of *New Southern Kitchen* and *New Southern Baking*, he lives in Savannah, Ga.

(Continued on page 20)

Blackberry Slump

The difference between slumps and grunts is that the former are usually baked and the latter steamed in a closed container.

- | | |
|---|--|
| 3 pints ripe blackberries | 1 teaspoon cinnamon |
| $\frac{3}{4}$ cup sugar, divided | $\frac{3}{4}$ teaspoon salt, divided |
| 2 cups, plus 1 tablespoon, all-purpose flour, divided | 6 tablespoons cold unsalted butter, cut into small pieces, divided |
| Zest from 1 lemon | 2 teaspoons baking powder |
| 1 tablespoon lemon juice | $\frac{1}{2}$ teaspoon baking soda |
| 2 tablespoons bourbon or 1 teaspoon vanilla extract | 1 cup buttermilk |

1. Preheat the oven to 375F.

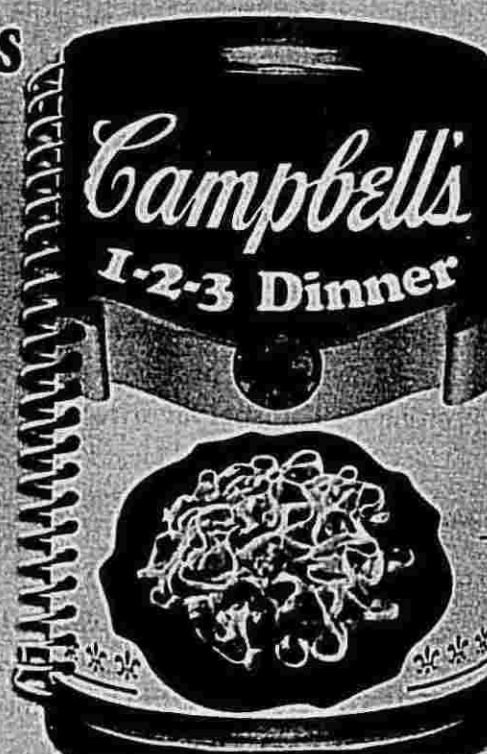
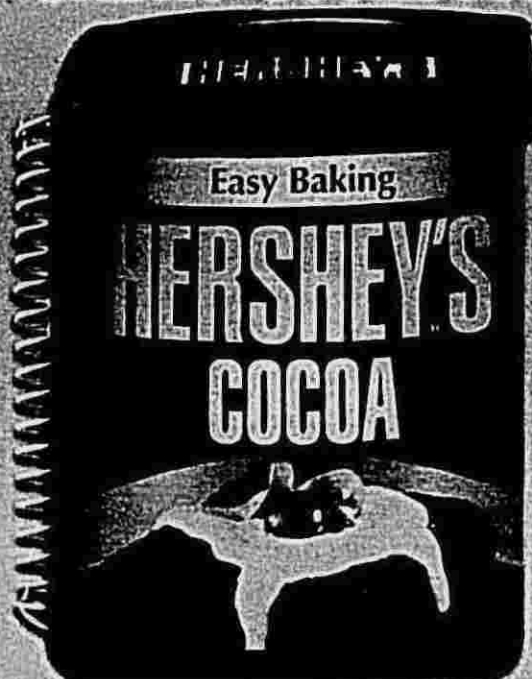
2. Combine berries, $\frac{1}{2}$ cup sugar and 1 tablespoon flour; toss gently. Add zest and lemon juice, bourbon, cinnamon, $\frac{1}{4}$ teaspoon salt and 3 tablespoons butter; toss gently. Spoon fruit mixture into a greased 2-quart casserole dish.

3. Combine remaining flour, sugar, salt, baking powder and baking soda. Cut in remaining butter with a pastry blender or two knives until texture resembles coarse meal. Stir in buttermilk until mixture begins to hold together. Drop dough by large spoonfuls over top of berries.

4. Place dish on a rimmed baking sheet and bake 45 to 50 minutes, until topping is golden brown and berries are bubbly. Serves 6.

Per serving: 340 calories, 13g fat, 8g prot., 47g carbs, 8g fiber, 620mg sodium.

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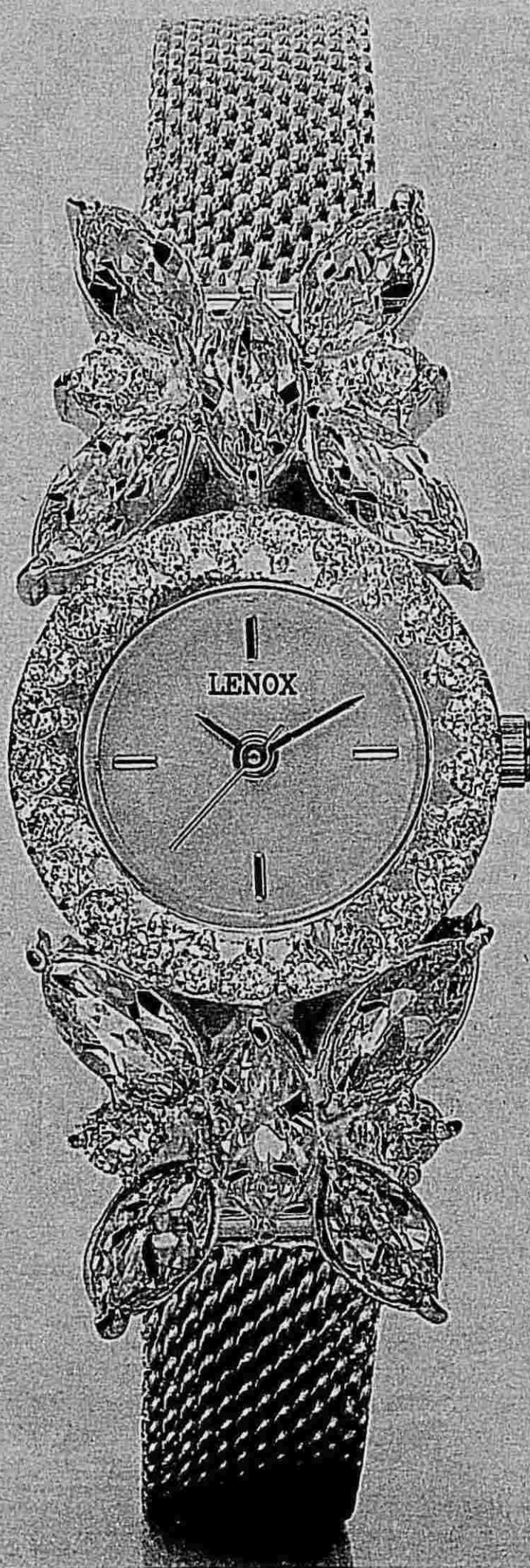
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(Continued from page 18)

Blueberry Crumble

Crumbles are the link between cobblers and that other realm of fruit desserts, crisps and Betties.

- 3 pints blueberries
- $\frac{3}{4}$ cup granulated sugar
- 1 tablespoon cornstarch
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon freshly grated nutmeg
- Zest of 1 lemon
- Lemon juice (optional)
- $1\frac{1}{2}$ cups all-purpose flour
- $\frac{3}{4}$ cup firmly packed light brown sugar
- 8 tablespoons unsalted butter

1. Preheat the oven to 375F.

2. Combine berries, granulated sugar, cornstarch, salt, cinnamon, nutmeg and zest; toss gently. Add lemon juice if berries are not tart enough. Spoon fruit mixture into a greased 2-quart casserole dish.

3. Combine flour and brown sugar. Cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Sprinkle over fruit.

4. Bake until topping is golden brown and filling is bubbly in the center, about 45 minutes. Serves 6.

Per serving: 470 calories, 15g fat, 4g prot., 86g carbs., 4g fiber, 110mg sodium.



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Order today

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classic dishes

Southern Comfort

There are few things in life that are perfect, but pimiento cheese may well be one of them. Sensible Southern cooks know the best pimiento cheese is also the simplest: the whole point is the balance between good, sharp cheese and pimientos. Some add a dash of garlic juice (or puree) or Worcestershire, some add green onion or use hot sauce instead of cayenne, but that's as far as any sensible person will go. "Gourmet" additions such as olives, sun-dried tomatoes, roasted peppers and herbs aren't encouraged: they only draw attention to themselves and upset the balance.

Spread it thickly; thin spreading doesn't denote elegance—just stinginess. If you need elegance, trim off the crusts and cut the sandwiches into triangles. To warm up a cool day, brush the bread with butter and grill it. ♪

By Damon Lee Fowler, food writer and culinary historian. The author of *New Southern Kitchen* and *New Southern Baking*, he lives in Savannah, Ga.

Classic Pimiento Cheese

If you've never had homemade pimiento cheese, you're in for a treat.

- 2 cups finely shredded extra-sharp Cheddar
- ½ cup finely grated Parmesan cheese (preferably Parmigiano-Reggiano)
- ⅓ cup mayonnaise, divided
- 1 small garlic clove, crushed
- 1 tablespoon grated shallot or yellow onion
- 1 (4-ounce) jar diced pimientos, drained but liquid reserved, roughly chopped
- Ground cayenne pepper
- English-style dry mustard

1. Combine half the Cheddar and half the Parmesan cheese in a large bowl. Mix together lightly. Knead in 4 tablespoons of mayonnaise until mixture is creamy and very smooth.
2. Work in remaining cheese, garlic, shallot, pimientos, 1 tablespoon of reserved pimiento liquid, a dash of cayenne and a small pinch of dry mustard. Knead just enough to mix well; it should still have plenty of texture. Add remaining mayonnaise, if necessary—just enough to make it spreadable.
3. Let stand 30 minutes. Serve cool or at room temperature. Makes about 2½ cups.

Per (½-cup) serving: 320 calories, 11g fat, 15g prot., 3g carbs., 0g fiber, 510mg sodium.



Serve room temperature on bread or as a spread with crackers or celery sticks.

for white cheddar pimiento cheese, go to relishmag.com/whitecheese



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"When I think that I used to look like this not that long ago..."

"Now I can eat whatever I want and keep my new weight stable without gaining any weight back. Just like when I was much younger."

After following the advice broadcast on TV, Cecilia Wolker shares with us how:

"I lost 11 pounds the first week (and 35 pounds in all) while

continuing to eat as usual *(and I haven't gained back a single pound in the last 6 months)"*



Like all the women in her family, Cecilia always put on weight easily. She's struggled with serious weight problems for 14 years. She had tried everything, even medications.

Today, for the first time in her life, she lost weight and kept it off "while continuing to eat as usual; even pasta, chocolate and desserts" she confided to our correspondent. She now weighs 123 pounds and she hasn't gained back any weight in over 6 months.

When we decided to launch a nationwide information campaign, we naturally asked Cecilia to share her amazing experience with our readers.

Interviewed by
JUDITH EMERSON

Judith Emerson: Cecilia, before we talk about your experience, can you tell me more about the weight prob-

lems you struggled with?

Cecilia Wolker: When I was a child, I was rather chubby. However, when I was 11, I began to steadily gain weight. At one point, my weight went

up to 163 pounds and I'm only 5'6". Every now and then I'd lose a few pounds, but in no time, my success was always a short story from the past. It depressed me, but my appetite didn't decrease. I'd starve myself, but binge eating episodes were always following the starvation periods. So, by the time I was 23 years old, I was so round I no longer knew how to dress myself. I was convinced that no one liked me; so I stopped caring about myself and withdrew into my shell.

JE: Did you try anything else besides diets to lose weight?

CW: For a long time, I tried

one weight-loss product after another. When you have weight problems, like I did, you'll try anything. "Miracle" pills, appetite suppressants... everything. I tried yoga, joining a gym, aerobics, acupuncture and even medication. In the best cases, I would lose 13 or 14 pounds... but I'd gain back 15!

SELF CONFIDENCE... AT ZERO!

JE: And yet, after all these disappointments, today you're sitting before me, slim and sexy. What happened?

CW: About a year ago, right after the date was set for my brother's wedding, I had a real anxiety attack thinking about

buying a dress for this event. Instead of being thrilled about this blessed event, I was an emotional wreck.

Then, one night, while I was watching television, I came across a program featuring women who were about my age who easily lost their excess pounds. Up to 45 pounds in some cases.

JE: How did they lose so much weight so easily?

CW: The secret is an ingenious blend of 26 plants and 3 marine plants which is known under the scientific name of *Detoxykall*. It comes in drinkable doses and it's to be taken three times a day. The next day, I called up my doctor to talk to him about it. He told me that he just recently heard about this discovery. He then told me that an institute which specializes in weight control in western European countries had concluded in a report that this recent discovery was considered to be a major advance for those people who are battling excess weight caused by a poor metabolism and who have a body that doesn't burn enough calories. This problem, according to him, was the main reason why 95% of overweight people have trouble losing weight.

35 POUNDS IN 38 DAYS'

JE: So, was it at that moment that you told yourself that you may have finally found the solution that you've been waiting for so long?

CW: After that conversation with my doctor, I realized that for the first time I felt like I was going to finally lose my excess weight. But I never expected what happened to me next. Without telling anyone, I called the distributor and asked them to send me, in a discreet package, the *Detoxykall* intensive program with the Fortified Formula. Anyways, I wasn't risking anything. I had a guarantee that I would lose weight or the trial would not have cost me anything.

JE: How soon after did you receive your package?

CW: The next week. The best thing however, was when I opened my package. Everything was beautifully presented and it really grabbed my attention. Everything was clear, concise and easy to follow. I was really

anxious to get started right away. There was only a month and a half left before my brother's wedding... so I took the recommended doses of *Detoxykall* each and every day, before each main meal.

JE: What happened over the next few days?

CW: I started on a Friday. I weighed 158 pounds. I told myself there was no sense in weighing myself for the first few days. It was only on Saturday of

feeling more optimistic, less anxious. After one week, I was in such a good mood and had so much energy that I was able to do twice as much as I usually could do in a day.

JE: And since then, have you managed to keep your slim figure?

CW: I haven't gained back a single pound. My hips have stayed slim and my buttocks are firm. And now, I can eat whatever I want. Sometimes, I wonder



"Since I lost all my excess weight, I feel more attractive than ever... and I'm not the only one."

the next week that I decided to step on the scale. I felt like I was slimmer and lighter. And I was! The proof was on my scale. I had definitely lost 11 pounds. I couldn't believe my eyes. But the most surprising part was that in exactly 38 days, I had lost 35 pounds... and on the day of my brother's wedding I weighed 123 pounds.

NEVER HUNGRY AGAIN'

JE: You lost your excess weight very quickly. Didn't feel tired or lethargic?

CW: No, actually it's quite the opposite. Not only did I lose my excess pounds, but I started

what happened or changed inside my body since all the good things I love to eat don't make me gain weight anymore. Another good thing is that I can now wear dresses and skirts that really show off my new figure. I can tell you that my life has really changed since I became more attractive. People really look at me differently now... and I like it.

Interview conducted by Judith Emerson.

Other documented cases...

If you've tried everything and

think that you'll never get slim and achieve an attractive figure, you no longer have to worry. Testimonials are currently coming in from all over. Men and women who have finally lost weight and became slim are writing in. Here are some excerpts:

"Until recently, I had always quickly gained back the pounds I lost. With Detoxykall, I lost 18 pounds and six months later I haven't regained any weight. It changed my life." Helena G.

"My husband lost 9 pounds in one week and I lost 13 pounds in about 10 days." L.F.M.

"I was skeptical, but I decided to try this product and I lost the 20 pounds I needed to lose. And I never felt hungry or denied myself anything I liked during the entire treatment."

Petra P. Salburg

"I lost 28 pounds in 7 weeks and I haven't had any problems maintaining my new weight."

Jonathan L.

"I'm very satisfied. I lost 11 pounds in two weeks and I feel much better."

Angela P. Lokenbaden

"I'm thrilled! I tried everything and this time I'm really happy being able to keep my weight stable at 126 pounds instead of 156." Maika G. Bischwiller

Detoxykall is the first weight-loss program which causes weight-loss through a process called meta-stimulation. It is your internal system that is modified in such a way that the calories you consume will not make you gain weight, exactly like those individuals who are able to eat whatever they want without gaining weight. You can call the toll-free number and ask to have a *Detoxykall* program shipped from the exclusive North American distributor to your home for a risk-free trial.

Simply tell the operator how many pounds you would like to lose.

Call the toll-free number now (24/7);

1-800-903-0805

Or visit:

www.DetoxykallDirect.com/100B

Do it now, while you have the number in your hand.

(Please, turn over for more details...)

3,656 people have already reached their ideal weight

"How to lose 10, 20 or even 40 pounds and more

Very quickly, safely and while continuing to eat all the foods you love"



Dr. Karen Mulder

"I'm against diets and medications for weight loss.

However, this product is without a doubt, the best way to lose weight naturally without feeling hungry currently available on the market."

Phytotherapeutic physicians have discovered the incredible energetic weight-loss properties of a liquid concentration of 26 plants and 3 marine plants presently being sold under the name **Detoxykall**. Discover below why it makes you lose weight – and how.

Experiments have shown that the Detoxykall liquid concentrate reduces fat cells through *meta-stimulation*, a process which provokes a permutation within the process of excess calorie absorption. In other words, the body burns more calories than it receives (up to 3 times the number of calories in the food consumed). Result: you can continue eating all the foods you love. Once you've started the *Detoxykall* program, **YOU'RE GOING TO LOSE WEIGHT AND INCHES NON-STOP.**

- Unwanted fluids and fat are dissolved progressively and systematically.
- A strong biological reaction occurs within your body that affects caloric intake, even when you maintain your normal eating habits.
- This combination has shown to be effective in generating the fastest weight loss observed on over one thousand overweight subjects.

Lose weight naturally. First, *Detoxykall* contains marine plants such as Laminaria, Chlorella and Wakame which stimulate the secretion of thyroidal hormones thereby stimulating the combustion of calories. Also, it contains the molecule found in the amazing HDA which is harvested from the Kalahari desert (Southern Africa) combined with 6 other plants and which suppresses the absorption of approximately 1,300 calories per day. It does so by sending a message to the parts of the brain which are responsible for controlling hunger that replicates the sensation of gustative pleasure.

Detoxykall also contains Piper Nigrum

extract, a plant of Asian origin whose active ingredient relieves congestion in saturated fat cells and cleans the colon of toxic residues left behind by the foods we eat. And there's also Crocus Sativus extract which acts like a boiler, liquifying fat reserves to facilitate an easy evacuation.

It should be noted that all the active ingredients of the plants and marine plants contained in *Detoxykall* are bioavailable and biodegradable. This means that they are assimilated naturally into the body's cells and their active ingredients are hard at work throughout the day. This explains their unusual effectiveness.

Lose weight according to your needs. If you have 10 to 20 pounds to lose, you are going to lose at least 6 pounds within the first 3 days and an average of 4 pounds per week thereafter. If you have 20 to 30 pounds to lose, you're going to lose weight even faster. Certain people, who had more than 40 pounds to lose, lost up to 13 pounds in the first week and an average of 7 to 8 pounds in the following weeks.

Simply take the required dose before each meal, as indicated. As soon as *Detoxykall* is assimilated by your system and is circulating throughout your body, its weight-loss properties are unleashed. The process of caloric transmutation has begun. The saturated fat cells in your body are decongested and shrink in volume. Fat bulges quickly flatten out. By the end of the first week, you're going to see results in the mirror that will be confirmed by your scale.

Lose weight while eating. Everyone who's followed the *Detoxykall* program has lost weight. Even the most difficult cases. If it worked for others, there's no reason why it won't work for you. The second important element is the action process itself: your body is going to simply burn more calories than it absorbs from the food you consume. And since *Detoxykall* has no

a slim and attractive figure.

"This discovery is far superior to all the other weight-loss products on the market. The results are so instantaneous that you can almost watch yourself lose weight."

There are currently reports which are documenting weight loss of up to 13 pounds in the first week."

Excerpt from the magazine
The Medical Report

*I decided to step on the scale
and if I lost any weight*

counter indications and doesn't require changes in eating habits, anyone can use it.

If you think that you've tried everything, but in vain, don't despair. Try one more time, for the last time, if not only for curiosity's sake... you won't regret it. And, if unlikely as it may be, it does not work for you to your expectations; this experiment will not have cost you a penny.

Lose weight without any obligation. The results and weight loss is so certain that for the next 15 days all the readers of this publication can benefit from a special risk-free trial. To receive a complete *Detoxykall* program without any obligation to buy, just take 2 minutes of your time to call toll-free (24/7) the exclusive direct distributor at:

1-800-903-0805

Or visit: www.DetoxykallDirect.com/100B

Or, if you'd prefer, indicate on a sheet of paper if you have less than 20 pounds to lose, between 21 and 30 pounds to lose, between 31 and 40 pounds to lose or more than 40 pounds to lose. IN CAPITAL LETTERS, print your full name and address along with your Visa or MasterCard number and expiration date and sign your name at the bottom of the page. Send it to:

SynergHealth Ltd., 9 Retail Road, Suite 8 #501, Dayton, NV 89403-6365.

(You can also pay by check or money order. Make it out to SynergHealth Ltd. and include it along with the sheet of paper).

To lose weight with certainty – how much does it cost?

If you have less than 20 pounds to lose, the Regular *Detoxykall* program is sufficient. The introductory price is only \$39 (instead of \$49).

If you have between 21 and 30 pounds to lose, the Intensive *Detoxykall* program is required for the price of \$69 (you save \$29!).

If you have between 31 and 40 pounds to lose, you need the Intensive *Detoxykall* program with the Fortified Formula which costs \$89 (you save \$58!!).

And if you have more than 40 pounds to lose, we recommend that you try the Intensive *Detoxykall* program with the Ultra-Fortified Formula for \$99 (you'll save \$97!!!).

• All the prices above include a reduction of between \$10 and \$97 which is only offered during this national press campaign. A \$6 charge will be added to your order to cover special handling and first-class shipping fees, no matter which *Detoxykall* program you choose.

GUARANTEE

Within the first 72 hours, you must observe a weight-loss of at least 6 pounds on your scale. Then, you must lose at least 4 pounds per week until you have lost the weight which corresponds with the *Detoxykall* program you have chosen. If not, or if for any reason you are not 100% satisfied, simply return the remaining bottles and you'll be immediately and completely refunded for the full amount, even the shipping costs.

IMPORTANT: Since fresh plants and plant extract ingredients are used to make the *Detoxykall* concentrate, supplies are limited. The next production will begin in about 3 weeks. Orders are fulfilled on a first-come, first-serve basis. To ensure that you won't have to wait, call toll-free now (24/7):

1-800-903-0805

Or visit our secure website:

www.DetoxykallDirect.com/100B

FREE

Each one of the 3 Intensive *Detoxykall* programs will also include Clynial, an efficient anti-cellulite system (A new and unique system which really erases the visible effects of cellulite).

Experience weight-loss like never before by calling toll-free (24/7):

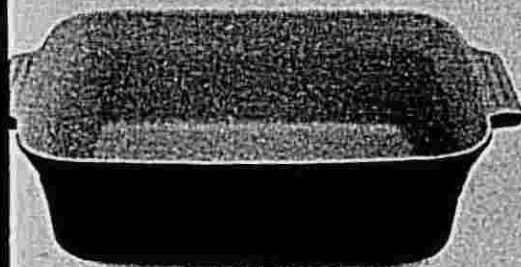
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www.DetoxykallDirect.com/100B

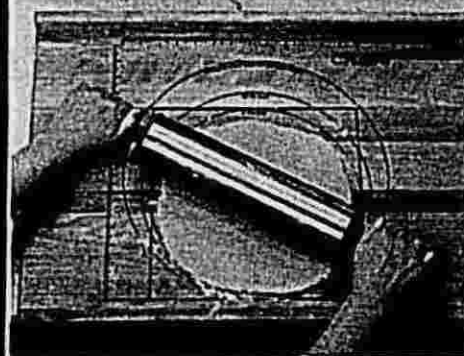
Marketplace

must haves



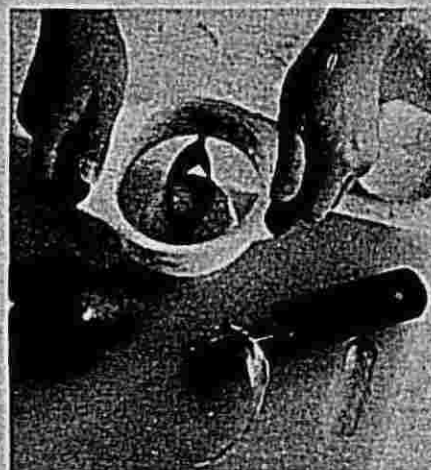
No Guesswork

Roll out perfectly shaped pie crusts on this hardwood pastry board marked on one side with U.S. and metric measurements and with a smooth reverse side for everyday food preparation. 24-by-18-by-3 1/4 inches. #22301, \$69.99.



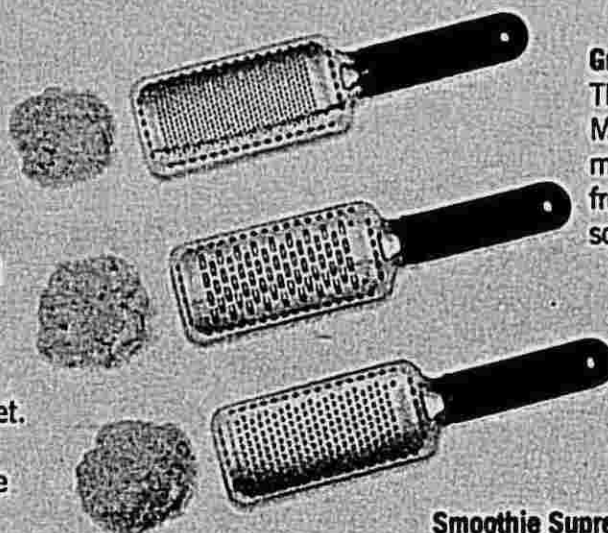
Mango Magic

The corer cuts through the fruit leaving the seed behind. The swivel action of the stainless-steel serrated blades peels the delicate skin off the mango without bruising. Set includes both corer and peeler. #22292, \$18.99.



Containment Issues

Your fruit cobblers, grunts, slumps and crumbles (pages 18 and 20) will find a perfect home in this 13 1/4-by-10 1/2-inch deep-dish casserole from Le Creuset. Also perfect for lasagna and casseroles. Available in French blue or red. 3.25-quart capacity. #20020, \$59.99.

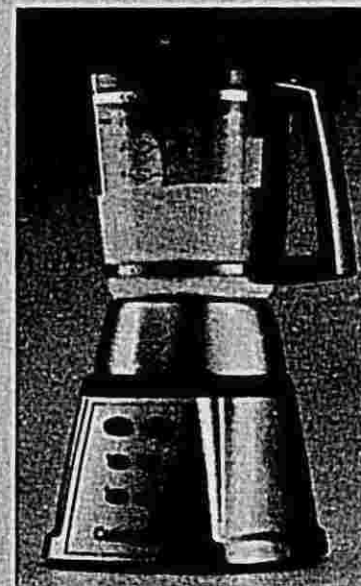


Grate Advice

This set of three dishwasher-safe Microplane graters includes fine, medium, and coarse models made from stainless steel and featuring soft-grip handles. #22073, \$39.99.

Smoothie Supreme

Whip up a Mango-Honey Lassi (page 7) or other fruit smoothie in this 600-watt blender from Cuisinart. Featuring a heavy cast metal and stainless steel housing and a 50-ounce glass jar. #96389. Regular price: \$150. Sale price: \$99.99



To order these products, call 1-800-338-3232 or log on to chefscatalog.com. Use promotion code 7KZRELO12 to receive reduced shipping and handling fees (10% of price; \$2 minimum). Prices guaranteed through June 30, 2007. Orders shipped to CO will be charged sales tax. AK, HI and U.S. Territories: add \$10 to s&h charges.

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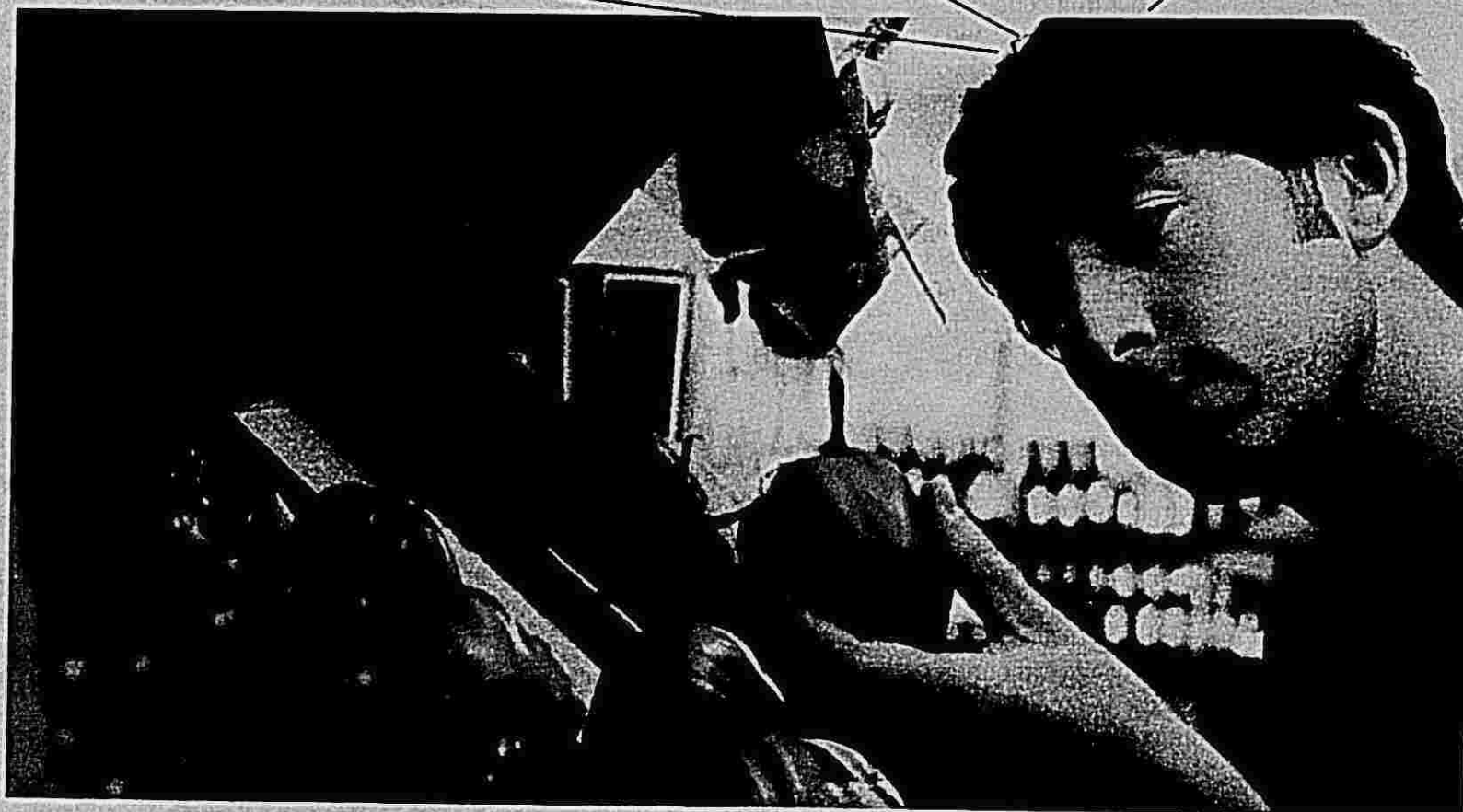
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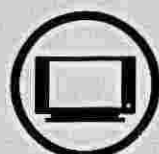
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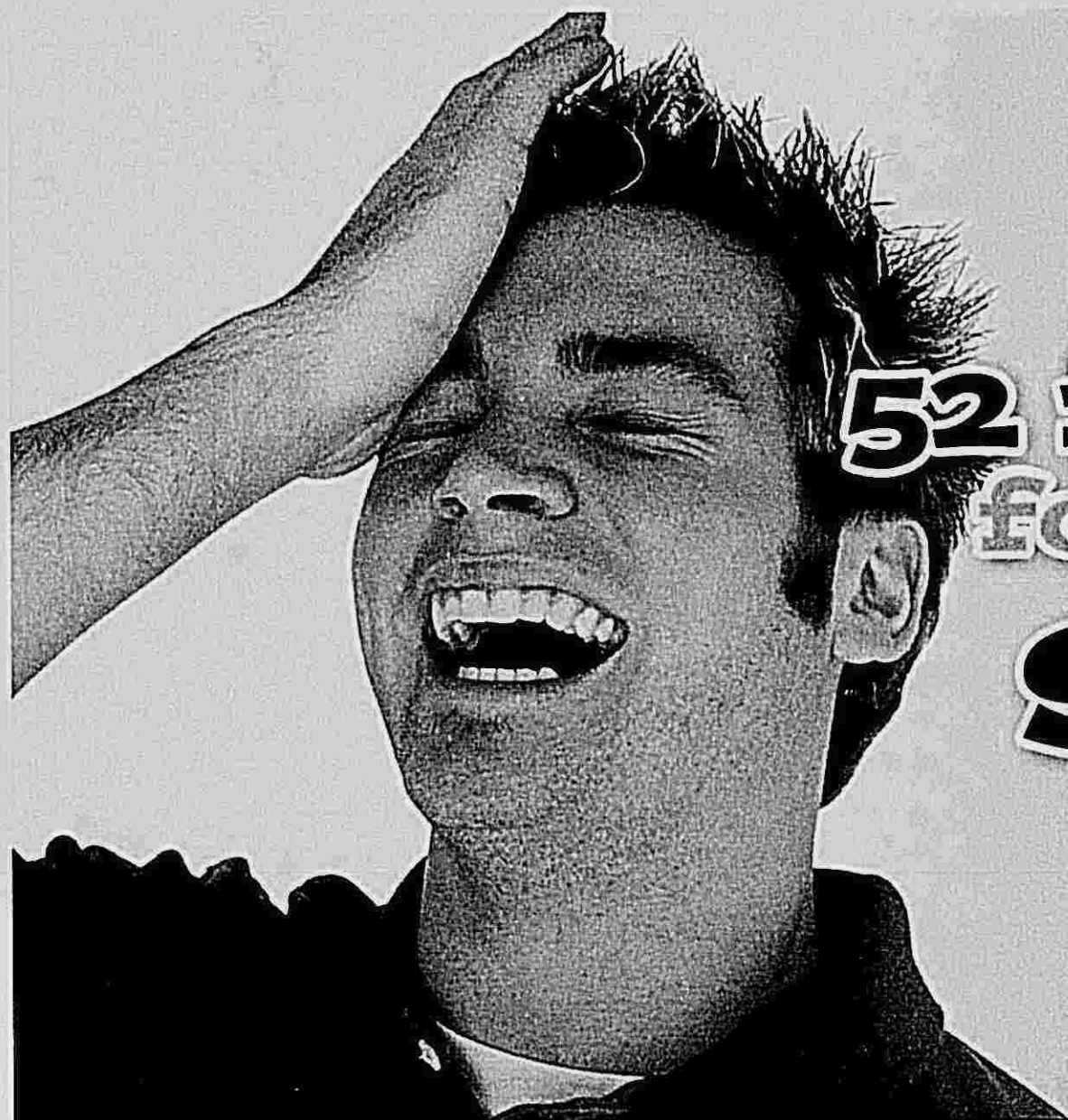
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*Offer applies to Digital Starter with HBO & Starz for \$49.99 per month for 12 months. Minimum service level required. Some ON DEMAND selections may be subject to charge indicated at time of purchase. Free ON DEMAND programming is limited. Network and Premium ON DEMAND programming require subscription to underlying network or premium channel. May not be combined with other video offers. Not all channels available in all areas. Additional installation, equipment and other charges may apply. Pricing shown does not include franchise and FCC fees, federal, state, or local taxes and fees. Service is subject to terms and conditions of Comcast subscriber agreements. Offer available to new Comcast residential customers located in selected Comcast wired and serviceable areas only (and is not available to current or former Comcast customers with unpaid balances). After promotional period, regular monthly service and equipment charges apply unless service is canceled. YOU MAY CANCEL SERVICE BY CALLING 1.866.594.1234. Comcast's current monthly service charge for Digital Starter with HBO & Starz is \$88.46. HBO® & HBO On Demand® are service marks of Home Box Office, Inc. Starz® and all related channels and service marks are the property of Starz Entertainment Group LLC. **Current Comcast Digital Classic or above customers can add HBO or Starz to their current service for \$10 more per month for 12 months per channel. Restrictions apply. Call Comcast for details. Comcast ©2007. All rights reserved. All other trademarks are the property of their respective owners. Offer expires 6.25.07. Must install by 7.9.07.

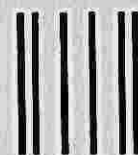
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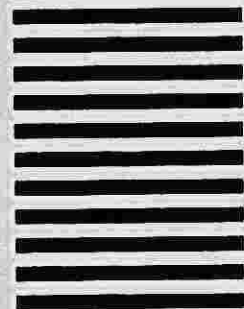
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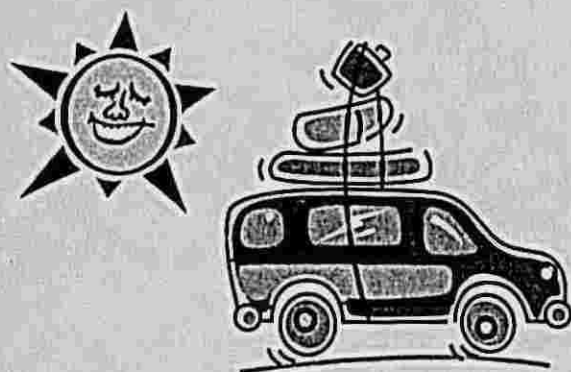
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